

COLONOSCOPY-MIRALAX PREP: **TRANSPORTATION REQUIRED**

L.R. MALLAIAH, M.D., F.A.C.P.

PH: (407)321-4570 OR (386) 789-5400

WWW.MIDFLGASTRO.COM

PURCHASE AT THE PHARMACY(over the counter):

- 4 Dulcolax(bisacodyl) tablets
- 238 gram bottle of Miralax (non prescription)
- 64 oz bottle of Gatorade or Powerade (clear or light color-No Red, Purple, or Green)

FIVE DAYS PRIOR TO YOUR PROCEDURE:

- Stop all anti-inflammatory medications including Aspirin, ibuprofen, motrin, aleve, naproxyn, naprosyn, meloxicam(mobic), sulindac(clinoril), piroxicam, feldene, indomethacin, diclofenac, and voltaren. Tylenol (acetaminophen) is safe to use in place of the above medications.
- Discontinue any blood thinners such as Aspirin, Coumadin, Plavix
- PLEASE call our office if you have any questions about which medications you should or should not take

ONE DAY PRIOR TO YOUR PROCEDURE:

- If on any Blood pressure or heart medications, please take your normal dose today
- Discontinue alcohol one day prior
- Drink **ONLY** clear liquids for breakfast, lunch, and dinner the entire day. ***Clear liquids allowed; Water, clear fruit juices(apple, strained orange, strained lemonade), sports drinks(Gatorade/powerade) clear sodas, Bouillon, chicken broth, plain jello, popsicles. You may have plain black coffee, tea. NO SOLID FOODS. NO MILK OR MILK PRODUCTS ALLOWED, NO RED, PURPLE OR GREEN COLORS/DYES.***
- Consume large amounts of fluids to avoid hunger and dehydration
- At 10:00am take two(2) Dulcolax tablets
- At 3:00pm take another two(2) Dulcolax tablets
- At 5:00pm mix the full bottle of Miralax into 64 ounces of Gatorade or Powerade. Shake until completely dissolved. Drink an 8-10 ounce glass of mixture every 10-15 minutes until the entire solution is gone. This will induce stools.
- Nothing to eat or drink after midnight

THE DAY OF THE PROCEDURE:

- *****TRANSPORTATION REQUIRED*****NO DRIVING**-you cannot drive, use a taxi or a bus after the procedure. You must have someone present to drive you home after the procedure or we may cancel your procedure.
- If on any blood pressure or heart medications please take your normal dosage in the early A.M. - 1st thing upon waking up-with a sip of water.
- Only if scheduled after 1:00pm, you may have 8ounces of clear liquids. **NO LATER THAN 7:30AM, OTHERWISE NOTHING TO EAT, DRINK, OR CHEW AFTER MIDNIGHT.**