

COLONOSCOPY-MIRALAX PREP: **TRANSPORTATION REQUIRED**

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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)

(ANY LIGHT COLORED IS OK, DOESN'T HAVE TO BE GATORADE OR POWERADE)

FIVE DAYS PRIOR TO YOUR PROCEDURE:

-Discontinue any blood thinners such as Aspirin, Coumadin, and Plavix

-Stop all anti-inflammatory medications including ibuprofen, motrin, aleve, naproxyn, naprosyn,

meloxicam(mobic), sulindac(clinoril), piroxicam, feldene, indomethacin, diclofenac, aggrenox,

ultram(tramadol)and voltaren. Tylenol (acetaminophen) is safe to use in place of the above medications.

*****ANY SORT OF BLOOD THINNER/ANTI-ARTHRITIC MEDICATION(S) MUST BE HELD 5 DAYS BEFORE YOUR PROCEDURE*****

-PLEASE call our office if you have any questions about which medications you should or should not take

ONE DAY PRIOR TO YOUR PROCEDURE: *CLEAR LIQUID DIET UPON WAKING*

-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.

-You can continue the clear liquid diet till midnight, but nothing after midnight

FOR THOSE WHO ARE DIABETIC:

-Do not take insulin/diabetic medication the evening before or the morning of the procedure

THE DAY OF THE PROCEDURE:

*******TRANSPORTATION REQUIRED*******You cannot drive, use a taxi or a bus after the procedure. You must have someone present to drive you home after the procedure. NO EXCEPTIONS.

-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.**

AFTER THE EXAM: YOU WILL BE DROWSY SEVERAL HOURS AFTERWARDS. OUR OFFICE WILL CALL YOU WITH A FOLLOW-UP VISIT AS NEEDED A FEW DAYS AFTER THE TEST. IF A BIOPSY WAS TAKEN, IT CAN TAKE UP TO A WEEK BEFORE WE RECEIVE THOSE RESULTS, ONCE WE DO, WE WILL CONTACT YOU. THIS FOLLOW-UP VISIT IS SEPARATE FROM THE PROCEDURE AND IF YOUR INSURANCE REQUIRES A CO-PAY IT WILL BE DUE THE DAY OF THE VISIT.