

COLONOSCOPY-MIRALAX PREP: **TRANSPORTATION REQUIRED**

PURCHASE AT THE PHARMACY(over the counter):

- 4 Dulcolax(bisacodyl) tablets (5mg tablets)
- 238 gram (8.3 ounce) bottle of Miralax (non prescription)
- 64 oz bottle of Gatorade or Powerade (Orange, clear or Lime Gatorade/Powerade). **No red or blue. You may also mix with water. No purple colored grape juice, white grape juice is ok. If you do not like Gatorade or Powerade then any light colored liquid is ok.**

***MEDICATIONS*PLEASE CALL OUR OFFICE IF YOU ARE ON ANY OF THE FOLLOWING MEDICATIONS. DR. MALLAIAH WILL LET YOU KNOW WHEN TO STOP(IT CAN BE FOR EACH PATIENT):**

-Any **blood thinners** such as Coumadin(Warfarin), Plavix(Clopidogrel), Pradaxa(Dabigatran), Xarelto(Rivaroxaban), Eliquis(Apixaban), Brilinta(Ticagrelor), Effient(Prasugrel), etc. (sometimes may require clearance before stopping, we will let you know).

-PER DR. MALLAIAH STOP YOUR BLOOD THINNER ____ DAY(S) PRIOR.

-**Aspirin** and **Iron** may be stopped 3 days prior

-Any **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.**

***FOR THOSE WHO ARE DIABETIC*:**

-Do not take insulin/diabetic medication the evening before or the morning of the procedure. Please make sure to monitor your sugar throughout the day.

***AGAIN, PLEASE call the office if you are on any of the above medications, we will let you know when to stop ☺**

*******TRANSPORTATION REQUIRED******* A responsible family member or friend **MUST** drive you home from the procedure. You are **NOT ALLOWED** to drive, take a taxi, bus or car service, or leave the Surgical Center **ALONE**.

***YOUR PREP DAY IS (CLEAR LIQUID DIET STARTING):_____**

ONE DAY PRIOR TO YOUR PROCEDURE:

-If on any Blood pressure or heart medications, please take your normal dose today

-NO ALCOHOL DURING PREP DAY

-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 cubes, chicken, beef, or vegetable 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, nothing the day of test.**

THE DAY OF THE 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.

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.

