

Miralax Colonoscopy Preparation Instructions

Purchase at the pharmacy

- Miralax 238 gram bottle (available over the counter at your pharmacy)
- Dulcolax four (4) Tablets (available over the counter at your pharmacy)
- Magnesium Citrate, 10 oz. bottle (**NOT CHERRY**). You will need this if you are generally constipated, or if you don't have a clear output after completing your Gatorade/Miralax drink.
- PowerAde Option, Gatorade or a **clear** Electrolytes sports drink, 64 oz. bottle. If you are a diabetic: you can use Diet Clear. **DO NOT USE PROPEL OR ANY OTHER VITAMIN CONTAINING DRINK.**
- Clear liquids (see list below) and a drinking straw.

Please read all instructions carefully

If you need to cancel your appointment, please contact the office at least Five (5) days prior to your procedure. If the office does not receive cancellation 36 hours prior to your procedure a fee of \$125 will be applied. For your convenience, there is an afterhours cancellation line.

7 Days Prior To Procedure

- Stop aspirin, products containing aspirin, Aggrenox, Alka-seltzer, iron supplements, vitamin supplements containing vitamin E & C, garlic, Ginseng, Ginkgo Bilbao, Ginger, saw Palmetto, Pepto Bismol, multivitamins, fish oils, or any other herbal supplements.
- Avoid eating seeds and foods containing seeds (such as grapes, berries, etc.)
- Avoid popcorn, nuts, corn, beans & poorly digestible vegetables (corn, broccoli, cauliflower etc)
- Stop non-steroidal inflammatory medications (NSAIDS) such as Motrin, Advil, Aleve, etc.
- Tylenol is permitted.

5 Days Prior To Procedure

- Stop anti-platelet agents (Ticlid, Plavix, Pletal, etc)

4 Days Prior To Procedure

- Stop Coumadin/Warfarin

**** If you do take Coumadin/Warfarin, Lovenox, anti-platelet agents (Ticlid or Plavix) you must consult with your cardiologist or primary care physician regarding discontinuing these medications. If you have been instructed to continue any of these medications, you must advise your gastroenterologist prior to the procedure. ****

One Day Before The Procedure

- You are going to be on a clear liquid diet for breakfast, lunch and dinner.
- Avoid liquids that are red, orange, or purple colored.
- Avoid any milk products and any juices with pulp in it.
- You can have clear broth or Consommé, ices, Jell-O and apple juice.
- Fat free bouillon & broth , consommé
- Strained fruit juices (no pulp), ginger ale, sprite, water – any clear liquid.
- Plain coffee (black)
- Plain tea
- Sports drinks- such a Gatorade
- Gelatin (Jell-o)-not red, purple or orange
- Italian ices/fruit ice popsicles - not red, purple or orange
- Hard Candy
- It is important that you drink as much fluid as you can throughout the day
- At **3-4PM** take the 4 Dulcolax tablets with 8 oz. of water.
- At **5 pm**, mix the entire 238 gram bottle of the Miralax with the 64 oz. bottle of the PowerAde option or a clear electrolyte sports drink in a pitcher. Shake the solution until the Miralax is dissolved. Drink an 8 oz glass every 10-25 minutes until the pitcher is completely gone. You may find drinking with a straw helpful.

It usually takes an hour to begin to notice the diarrhea effect. You may notice some bloating or cramping at the beginning of the prep, but this usually gradually improves once diarrhea begins. Occasionally, some patients may develop nausea with vomiting. The best thing to do is to take a

break from the Miralax for about an hour to allow it to move downstream, and then resume drinking at a slow rate. You can take 2-4 hours to complete the entire amount, and diarrhea generally continues for about an hour or two after completing the prep. Many have found that drinking the prep through a straw and chilling the solution improve the tolerance. You may continue to drink clear liquids until midnight.

- If you suffer from chronic constipation or if you **don't** have a clear output after consuming the entire prep, you may choose to drink 1 bottle of Magnesium Citrate. This has to be done **NO LATER** than 7 hours prior to your procedure.
- If your colonoscopy appointment is at 11 am or later: You may choose to split 64 ounces of Gatorade in half and drink 32 ounces of the solution at 6 pm the night before and another 32 ounces 6-7 hours prior to the colonoscopy appointment.

DAY OF THE PROCEDURE:

DO NOT EAT OR DRINK ANYTHING THE DAY OF THE PROCEDURE UNLESS INSTRUCTED OTHERWISE.

- You may take your blood pressure medication, but with a small sip of water.
- If you have ANY questions, please call our office.
- You must have an adult accompany you after the procedure or you will not be released from care. You cannot be discharged unless accompanied by an adult who can either drive you home or accompany you home in a taxi or on public transportation.
- Please leave all personal items at home EXCEPT for your insurance card. The Scarsdale Medical group is not responsible for any lost or damaged items.