



Miralax Colonoscopy Preparation Instructions

Procedure date: _____ Procedure time: _____ Arrival time: _____

Location of your procedure: The Center for Advanced Medicine & Surgery (CAMS) at 122 Maple Ave, White Plains, NY 10601

Special instructions:

1. If you take a blood thinning medication (to treat blood clots or to prevent a heart attack or stroke) contact the doctor who prescribes it for you about when to stop taking it.

Examples of blood thinners:

Warfarin (Coumadin)	Clopidogrel (Plavix)	Ticagrelor (Brilinta)
Cilostazol (Pletal)	Dabigatran (Pradaxa)	Rivaroxaban (Xarelto)
Apixaban (Eliquis)	Enoxaparin (Lovenox)	Edoxaban (Savaysa)

2. Diabetic medications:

- If you are on insulin or other medications for diabetes you may need to change the dose. Ask your doctor prescribing it what you should do a day before and on the day of the procedure.
- If you are taking metformin do not take it the day before or on the day of your procedure.

3. If you have an AICD (automatic implantable cardioverter-defibrillator) you will need a letter from your cardiologist before your procedure that says it is safe for you to proceed with the procedure.

4. If you have chest pain, trouble breathing that is new or worse or recent episode of fainting you will have to be examined by your doctor before the procedure.

Things to pick up from your pharmacy:

1. Laxatives:
 - One bottle of MiraLAX (238 grams)
 - Two 32-ounce bottles of Gatorade. (NOT RED).
 - Diabetic patients should use Gatorade G2. (NOT RED).
 - 4 Dulcolax (bisacodyl) 5 mg tablets.
2. If you are constipated, take opioids (morphine, hydrocodone, oxycodone, Percocet, or fentanyl) or have had an inadequate prep on prior colonoscopy get an additional small MiraLAX (119g) bottle.
3. A and D ointment (optional)
4. Clear liquids:

Clear carbonated beverages (Sprite, ginger ale, or seltzer)	Black coffee/ tea (sugar and honey are okay) No milk or creamer.
Water	Clear sports drinks like Gatorade
Clear fruit juices (apple, lemonade, white grape)	Popsicles (without fruit or pulp)
Jell- O (yellow or green)	Fat- free broth

5 days before your procedure

- Stop taking your iron supplements and fiber supplements.

3 days before the procedure

Start a low fiber diet

Avoid:

- Raw fruits and vegetables
- Whole grains (oatmeal, whole wheat or multigrain bread, quinoa, brown rice, whole kernel corn)
- Nuts and seeds

2 days before the procedure

If you are constipated or have had an inadequate bowel preparation on prior colonoscopy:

Start a full liquid diet (milk, tea, coffee, yogurt, fruit or vegetable juices without pulp, broth, pudding, plain ice cream)

Take MiraLAX 17g in 8 ounces of liquid with each meal (breakfast, lunch, and dinner)

The day before your procedure

- Do not eat any solid food.
- Do not drink anything which is red or purple in color.
- Do not drink any alcohol.
- Have only clear liquids.

Preparing the MiraLAX solution:

Mix 14 doses (238 g) of MiraLAX in 64 ounces of Gatorade until it completely dissolves. Divide the solution in to two equal parts and refrigerate it.

Bowel preparation with MiraLAX and Dulcolax has 2 parts and depends on the timing of your procedure:

If your procedure is scheduled before 10 am:

Part 1:

5 PM: Take 2 tablets of Dulcolax followed by the first 32 ounces of MiraLAX solution. Drink one 8-ounce glass of MiraLAX solution every 15 min for a total of four glasses. Drink additional two 8-ounce glass of clear liquids.

Part 2:

11PM: Take the other 2 tablets of Dulcolax followed by 32 ounces of MiraLAX solution. Drink one 8-ounce glass of MiraLAX solution every 15 min for a total of four glasses. Drink additional two 8-ounce glasses of clear liquids.

You may continue to drink clear liquids till midnight.

If your procedure is scheduled after 10 am:

Part 1

7 PM: Take 2 tablets of Dulcolax followed by the first 32 ounces of MiraLAX solution. Drink one 8-ounce glass of MiraLAX solution every 15 min for a total of four glasses. Drink additional two 8-ounce glass of clear liquids

Part 2: This dose is taken on the day of your procedure. See next page

The day of your procedure

- Drink only clear liquids. Do not eat any solid food until after your procedure.
- Stop drinking clear liquids 2 hours before your procedure.

If your procedure is scheduled after 10 am

Part 2: Take 2 tablets of Dulcolax followed by 32 ounces of MiraLAX solution. Drink one 8-ounce glass of MiraLAX solution every 15 min for a total of four glasses. Drink additional two 8-ounce glasses of clear liquids and finish 2 hours before the procedure.

Things to remember

- Take your prescribed morning medications you were instructed to take the morning of your procedure with a few sips of water.
- Remove all jewelry including body piercings and leave them at home.
- Don't apply any lotions, creams, or powder to your chest or arms.
- If you wear contacts, wear your glasses instead.
- Bring a list of the medications you take at home.
- If you have an implanted pacemaker or cardioverter-defibrillator (AICD), bring your wallet card with you.