



MIRALAX PREPARATION FOR COLONOSCOPY OR

- * PURCHASE SEVEN DAYS BEFORE YOUR PROCEDURE
 - * 1-238gm BOTTLE OF MIRALAX
 - * A 64oz CONTAINER OF GATORADE OR POWERADE;
IF YOU ARE A DIABETIC CRYSTAL LIGHT OR ANOTHER
LOW CALORIE DRINK (If prep is for a colonoscopy no RED)
 - * 1-BOX OF DULCOLAX TABLETS (laxative)
 - * 1-TUBE OF CALMOSEPTINE & WIPES (optional)
- ALL AVAILABLE OVER THE COUNTER

PATIENT NAME _____ DATE OF PROCEDURE _____

- 1) DO NOT take aspirin, aspirin-containing pills or Plavix for ___ days. DO NOT take Advil, Motrin, Aleve-type medicine for 7 days. Celebrex is ok to continue. Tylenol and other brands which contain ACETAMINOPHEN are safe to use prior to the procedure.
- 2) Call your primary care doctor if you are on Coumadin. If possible you should be off Coumadin for 3-5 days before the procedures.
- 3) Call your primary care doctor for special instructions if you are being treated for diabetes.

There are many things a person would rather do than undergo a bowel prep, but your efforts at cleansing your colon are essential for an accurate procedure. A thorough cleansing of the colon is essential and the procedure is most successful if you follow the directions for preparation completely, on the next page. Poor cleansing reduces the visualization of a colonoscopy and can result in rescheduling of your procedure. If you have any questions about the test or preparation, please do not hesitate to call our office.

START YOUR PREPARATION ON: _____

(The day prior to surgery)

FOR THE WHOLE DAY, AVOID ALL SOLID FOODS HAVING CLEAR LIQUIDS ONLY

Start on a **CLEAR LIQUID DIET** from the moment you get up and continue **all day:**

Water	Clear bouillon	Carbonated beverages
Jello (no red)	Chicken broth	Sprite, 7-up, Gingerale
Iced or hot Tea	Vegetable broth	Pepsi, Coke, Dr.Pepper
Coffee (no dairy creamer)	Beef broth	Kool-Aid (no red)
Apple Juice, Grape juice	Consomme	Crystal Light (no red)
Any juice without pulp	Italian ice (no red)	Popsicles (no red)

Remember to drink at least eight glasses (two quarts) of fluids throughout the day so that you do not dehydrate.

*At approximately 11:00am mix the 238gms of Miralax in with the 64oz container of Gatorade and chill for later.

*At approximately 2:00pm you'll take two (2) Dulcolax tablets by mouth and start drinking the Miralax & Gatorade mix. You should drink one (1) 8oz glass every 10-15minutes until gone approximately 8 glasses. If you develop nausea or fullness, slow down- stop drinking the solution for 30-60 minutes, then resume.

*After the drinking is finished, about 4-6p.m., take the other two (2) Dulcolax tablets by mouth. If you are able to start this prep earlier in the day you will have less interrupted sleep.

*Continue the rest of the day to **drink plenty of clear liquids.**

HAVE NOTHING TO EAT OR DRINK (INCLUDING WATER) AFTER MIDNIGHT!!!

What to expect:

Stay close to toilet facilities. It can take 1-4 hours for diarrhea to begin. You should continue to have diarrhea until the stool is completely clear (i.e. liquid/watery with no particles). You may notice some bloating or cramping at the beginning of the prep, but this gradually improves once the diarrhea begins. Occasionally, some may develop nausea with vomiting. The best remedy for this is to take a break from the Miralax for about an hour to allow it to move down stream, and then to resume drinking at a slower rate. Many have found that drinking the prep through a straw and chilling the solution improves tolerance.

FREQUENTLY ASKED QUESTIONS

1. Why avoid red liquids?

The artificial red food color can persist in the colon and look like blood.

2. I feel nauseous and don't think I can drink any more of the prep solution.

What should I do?

It is important that you continue to drink the solution if possible. Without a clean bowel, the doctor will not be able to see the inside of your colon to complete the examination. If you feel sick, wait 30 minutes and slowly begin drinking the solution again.

3. I drank a lot of the solution and have not gone to the bathroom yet. What should I do?

Keep drinking. Most people have a bowel movement after an hour; some patients may take two hours or longer.

4. I am taking the prep and now having loose, watery stools. Do I still need the rest of the prep?

Yes, you may have solid stool higher in the colon that still needs to be eliminated.

5. My bottom is so sore. What can I do?

To clean the area, avoid rubbing. Gently pat dry with a wet washcloth. Use baby wipes on the area, try Calmoseptine or another diaper rash ointment.

6. Can I drink nutritional supplements?

You may drink Ensure (chocolate or vanilla) or Slim-Fast with Soy Protein/Lactose Free. These drinks are water based, not milk based. Glucerna for diabetic patients.

7. Can I chew gum or suck candy?

Yes, but nothing with soft centers or red color.

8. What can I take for headaches and pain relief?

You may take Tylenol as directed.

9. Can I have the colonoscopy if I am on my menstrual period?

Yes, the procedure can still be performed. We ask that you use a tampon if possible (not absolutely necessary).

10. Can I brush my teeth?

Please do.