

## Colonoscopy with MiraLax Prep

You will need to buy: **(NO PRESCRIPTIONS NEEDED—FOUND OVER THE COUNTER)**

- Dulcolax (bisacodyl) 5mg Laxative Tablets -- (4) tablets
- MiraLax 8.3 ounces (14 dose bottle)-- (1) bottle
- Gatorade 32 ounces (2) bottles **(NO RED OR PURPLE)**

**Instructions:** Pour both bottles of Gatorade (64 oz. total) in large container. Add entire bottle of Miralax and stir well. May chill in refrigerator if preferred.

### DAY BEFORE PROCEDURE

- **CLEAR LIQUIDS ONLY. NO SOLID FOOD DAY BEFORE PROCEDURE.**  
Clear liquids: sodas, juices, coffee, tea, Gatorade, Kool-Aid, bouillion, broth, popsicles, Jell-o gelatin **(NO RED OR PURPLE LIQUIDS)**. Avoid milk products. **NO LIQUIDS AFTER MIDNIGHT, EXCEPT FOR 2<sup>ND</sup> DOSE OF PREP.**
- **4 P.M.** -- Take all (4) Dulcolax tablets.
- **5 P.M.** -- Drink (1) cup of Gatorade / Miralax mixture every 15 minutes until **half (1/2) of solution is gone**. (If bloating or nausea occur, take a short break, then resume drinking the solution.)

### MORNING OF PROCEDURE

- **4:00 A.M.** -- Drink (1) cup of Gatorade / Miralax mixture every 15 minutes until the remaining solution is gone.
- **DO NOT TAKE INSULIN OR DIABETES MEDICATIONS.** Please take blood pressure, thyroid, and seizure medications with a small sip of water! Bring all meds to office.
- **WE WILL NOT START YOUR PROCEDURE UNLESS A RESPONSIBLE DRIVER IS PRESENT! THEY MUST REMAIN THE ENTIRE PROCEDURE** should any questions or emergencies arise. **YOU WILL NOT BE ABLE TO DRIVE AT ALL ON THE DAY OF PROCEDURE!**

### SPECIAL INSTRUCTIONS

- **HOLD Aspirin, Coumadin, Warfarin, Plavix, Clopidogrel, and any other blood thinners for (4) days** prior to procedure unless otherwise directed.
- If you are **diabetic**, **ONLY TAKE HALF DOSE OF INSULIN** the evening before your appointment. **DO NOT TAKE ANY INSULIN OR ORAL DIABETIC MEDS** the morning of your procedure. You may drink liquids with sugar in it (not diet) to prevent your blood sugar from dropping too low the day before the procedure.
- **LEAVE JEWELRY AND OTHER VALUABLES AT HOME!**
- You may wear your dentures/ partials, but they **must be removed prior to your procedure.**

YOUR PROCEDURE IS SCHEDULED ON \_\_\_\_\_ at \_\_\_\_\_.  
Contact our office at (252) 535-6478 for questions.