

Miralax Colonoscopy Preparation for Morning Exam

You must have someone available to drive you home after your colonoscopy. Plan on spending 2 ½ to 3 hours at the facility.

Your colonoscopy is scheduled on: _____

Check-In: _____ (Check-in time is subject to change)

Location: _____

Five days before colonoscopy stop taking the following:

- Insulin, Aspirin, Fish Oil, Vitamin C, Vitamin E, St. John's Wort), or NSAIDS (such as Ibuprofen, Aleve, Naproxen, Alka Seltzer, Excedrin)
- Call our office if you are on blood thinners such as Plavix, Coumadin or Effient.
- Do not eat seeds or nuts for five days prior to colonoscopy.
- Purchase Miralax powder (238 gram bottle) and Dulcolax (or generic bisacodyl) tablets. You will need four (4) bisacodyl tablets (5 mg each).
- Purchase at least 64 ounces of a clear liquid beverage to mix with the Miralax powder. We prefer that you use a "sports drink", such as Gatorade G2 or Propel water, due to its electrolyte content. Avoid liquids that are red or purple in color.
- You may also want to purchase petroleum jelly or diaper cream to apply to your anal area between frequent bowel movements.

Day before Colonoscopy:

- You may take your regular medications, unless otherwise directed.
- Drink clear liquids only. Do not eat any solid food. A clear liquid is something that you can see through, such as Gatorade, Crystal Light, chicken broth, jello, coffee without creamer, soft drinks, or apple juice. Avoid alcohol. Avoid liquids that contain red or purple dye. Drink as much clear liquid as you can tolerate. This will prevent dehydration and improve the quality of the colon preparation (by flushing the stool from the colon). A complete colonoscopy cannot be performed on an unclean colon.
- At 12 pm, take 4 Dulcolax (bisacodyl) tablets.
- At 5 pm, mix the 238 gram bottle of Miralax with 64 ounces of clear liquid. Drink 8 ounces every 10 - 15 minutes until you have finished approximately half of the solution. If you start to feel sick during prep, slow down the rate you are taking the Miralax (i.e, take 20-30 minutes apart)
- You may have additional clear liquids before going to bed.

Day of Colonoscopy:

- Four hours prior to your check-in time, drink the other half of Miralax solution.
- Take your morning medications, unless otherwise directed. No solid food until after colonoscopy.
- Continue clear liquids until 2 hours before your check-in time. Do not have anything by mouth after this point, as your stomach must be completely empty.

If biopsies are done during your colonoscopy, please allow 10 business days for results