

Colonoscopy Preparation Instructions
MIRALAX (PM PROCEDURE)

1. THE ENTIRE DAY PRIOR TO YOUR PROCEDURE

- **You may only have clear liquids**

o Acceptable clear liquids include:

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| ▪ Beef or chicken broth | ▪ Ginger Ale |
| ▪ Jell-O or popsicles (NO RED, PURPLE OR ORANGE) | ▪ Apple juice |
| ▪ Sprite | ▪ Water |
| ▪ 7-UP | ▪ Tea or coffee (PLAIN, NO CREAM OR SUGAR) |

2. THE DAY (MORNING) OF YOUR PROCEDURE

- **What you need:** Gatorade (64 ounces) of lemonade or another clear Gatorade.

Dulcolax 5mg tablets (four tablets)

Miralax bottle 238 grams

- Beginning at **3 AM**

o **Take the first 2 Dulcolax tablet**

- At **4 AM**

o Mix the entire bottle of Miralax into Gatorade of choice (*split the container in two 32 oz bottles*). Shake the solution until fully dissolved.

o **Drink first 32oz, 8 oz glass every 30 minutes, until the solution is gone.**

- Take the last 2 Dulcolax tablets **6 hours prior to your arrival time.**

- Take the last 32oz of Miralax, 8 oz glass every 30 minutes, **5 hours prior to your arrival time**

****Also, you may not have ANYTHING within 3 hours of your arrival time. ****

Your procedure may be cancelled if you do so.

3. Arrange to take the day off of work since anesthesia will be administered. **You MUST have a responsible adult driver present at the time of arrival and during your recovery.** We cannot start the procedure without your driver present in the building. You will NOT be able to drive yourself home after the procedure. **Uber, Lyft, Taxi, bus or other forms of “public transportation” are NOT acceptable means of returning home after the procedure.** If you do not have an acceptable mode of transportation home after the procedure, your appointment will be cancelled and rescheduled to a different date.

4. All body piercings **MUST BE REMOVED** prior to arrival.

5. MEDICATION MODIFICATIONS

****PLEASE DO NOT STOP TAKING YOUR ASPIRIN****

- **Stop** Coumadin 5 days prior to the procedure
- **Stop** Pradaxa, Xarelto and Eliquis 2 days prior to the procedure
- **Stop** Plavix 7 days prior to the procedure
- **Stop** any anti-inflammatory medication 1 day prior to the procedure (including ibuprofen)
- **Stop** any arthritis medication 1 day prior to the procedure
- **DO NOT TAKE** insulin or any other oral diabetic medications the morning of the procedure. Be sure to check your blood sugar 4 hours prior to your appointment time. If your blood sugar is low, drink a glass of apple juice
- Please take ½ dose Lantus the night before the procedure (*if you are prescribed this*)
- **Continue to take any other prescription medications that are not listed above. They must be taken no later than 3 hours prior to your arrival time.**

****IF YOU ARE NOT SURE IF YOUR MEDICATIONS FALLS UNDER ANY OF THESE CATEGORIES, PLEASE CONTACT YOUR PHARMACY FOR FURTHER ASSISTANCE. ****

Your exam is scheduled on _____ at _____ am / pm

At _____. Please arrive no later than _____ am / pm

-Please arrive no later than your arrival time to your appointment time

YOUR PROCEDURE MAY BE CANCELLED AND RESCHEDULED IF YOU ARE LATE!

*******PLEASE BE FLEXIBLE. YOUR PROCEDURE TIME MAY VARY DEPENDING ON NUMEROUS FACTORS (cancellations, procedural delays, etc.) *******

Important: It is important that you contact your insurance company **5 DAYS PRIOR** to your procedure date. You may have a co-payment the day of your procedure and are responsible to verify with your insurance in advance. *Patients calling to cancel less than 2 business days due to a high co-payment may be subject to a \$150.00 cancellation fee.*