

## MIRALAX PREPARATION FOR COLONOSCOPY

**Very Important:** Please read and follow all instructions carefully to ensure adequate bowel preparation. Inadequate bowel preparation for colonoscopy can result in missed lesions, cancelled procedures, increased procedure time, and a potential increase in complication rates.

**3 days prior to the procedure:** Do not eat any corn, popcorn, seeds, nuts, or beans.

**Purchase at Pharmacy:** 4 Dulcolax Tablets (Bisacodyl) 5 mg each, 255g bottle of Miralax, and a 64 oz bottle or two 32 oz bottles of Gatorade (**NO RED OR PURPLE**). You may also use crystal light or flavored waters.

**The day before the procedure (Breakfast, Lunch, and Dinner):**

1. **Absolutely no solid food.** Clear liquids only such as water, strained fruit juices (apple, white grape, lemonade, clear broth or bouillon, coffee and tea (without creamer), Gatorade, plain jello, kool-aid, popsicles (**No red or purple**) and clear soft drinks
2. **At 12:00 noon**, take four 5mg dulcolax (bisacodyl) tablets
3. **At 5:00 pm** mix the 255 g bottle of Miralax in 64 oz of Gatorade or Crystal Light. Shake the solution until the Miralax is dissolved. Drink an 8 ounce glass every 10 to 15 minutes until **all** of the solution is gone.
4. Continue drinking clear liquids until bedtime. **Nothing by mouth after midnight.**

**On the day of the procedure:**

1. Do not eat or drink anything
2. Diabetic medications are not to be taken the morning of the procedure.
3. If you take medications in the morning, you may only take heart, seizure, blood pressure or chronic pain medications with a small sip of water 3 hours before your procedure.

**Prior to the procedure**

**Prescription medications to stop before the test:**

\*Check with your primary care physician or prescribing physician for instructions if you take any of the following medications which are normally held prior to an endoscopic procedure.

- **Coumadin** (usually stopped 4 days before the test)
- **Iron supplements** (usually stopped 1 week before the test)

**Medications to avoid 4 days before the test:**

**Non-steroidal anti-inflammatory medicines including:**

Advil Aleve Ascriptin Celebrex Clinoril Diclofenac Empirin Feldene Ibuprofen Indocin  
Indomethacin Medipren Motrin Naprosyn Nuprin Piroxicam Sulindac Voltaren

All of these medications should be avoided for 4 days prior to your procedure in case you require a biopsy during the exam. By avoiding these, your risk for any post-procedure bleeding is lessened.

**Tylenol and other brands that contain acetaminophen are safe to use prior to your procedure.**

\*For your safety, you must have an adult accompany you to the procedure and remain at the facility the entire time in order to provide transportation afterward. Due to the medications you will be given, you will be unable to work, drive, or take public transportation after your procedure. It is a good idea to arrange for an alternate person to accompany you in the event that your primary support person is unable to do so.