



### Standard Miralax Prep for Colonoscopy

Provider:

Procedure/Date:

Arrival time/Procedure time:

Location:

#### **Preparation instructions:**

Items you will need (Available over the counter):

- 1) Miralax or Glycolax, 1 bottle (238 grams)
- 2) Dulcolax (2 tablets) Laxative not the stool softener

#### **Clear liquid diet**

Includes water, clear broth, tea, coffee (without milk/creamer), clear juice (without pulp), Jell-O, popsicles and other flavored drinks. Avoid purple or red colors. **NO CARBONATED BEVERAGES**

- If you are on a blood thinner, (Coumadin/Warfarin/Prodaxa/Xarelto) do not take it for 3 days prior to the procedure.
- If you are on iron tablets, do not take it for 7 days prior to the procedure.

#### **On the day before your procedure? NO SOLID FOOD THE DAY PRIOR**

1. Drink only clear liquids starting the day prior to your procedure.
2. At 1 p.m., take 2 Dulcolax tablets by mouth.
3. At 2 p.m., mix one bottle of Miralax or Glycolax (238 grams) in 64 ounces of a liquid of your choice (Gatorade, Crystal Light, Water, etc ...)

#### **DO NOT MIX MIRALAX WITH ANY SODA OR ANY CARBONATED BEVERAGE**

4. Drink an 8 oz glass every 15 minutes until the solution is gone.
5. Continue a diet of clear liquids until bedtime.

DO NOT HAVE ANY LIQUIDS AFTER MIDNIGHT

#### **On the day of the procedure?**

1. You may take your heart/blood pressure medication with a sip of water the morning of the procedure.
2. If you are diabetic, **NO INSULIN or ORAL** medication the morning of the procedure.
3. If you wear an insulin pump, please contact your endocrinologist for instruction on your dose.

**NO DRIVING:** Due to sedation, you must have someone with you to drive you home.

If you have any questions regarding these instructions please call (314)543-5200, Option 5, then dial 5977# before your procedure.