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COLONOSCOPY/BOWEL SURGERY- MIRALAX PREP INSTRUCTIONS

Please Read These Instructions at Least 2 Weeks Before Your Colonoscopy.

Your doctor has scheduled you for a colonoscopy. To have a successful colonoscopy your colon must be clear of any stool. Follow all of the instructions in this handout EXACTLY as they are written. If you do not follow the directions, your procedure may be canceled.

Do NOT eat solid food the ENTIRE day before your colonoscopy. Do NOT mix the solution until the day before your colonoscopy.

A responsible family member or friend MUST drive you home from the procedure. You are NOT ALLOWED to drive, take a taxi, bus or car service, or leave the Endoscopy Center ALONE. If you do not have a responsible driver (family member or friend) with you to take you home, your exam cannot be done with sedation and may be canceled. You MUST remain in the endoscopy center until you recover from sedation. The entire process from arrival to discharge may take 3-4 hours. Please do not bring any jewelry or other valuable items to the endoscopy room for your procedure.

Please bring a list of known allergies, current medications, a list of medical conditions and surgical history.

Some of the medicines you take may need to be stopped or adjusted temporarily before your colonoscopy.

If you take **blood thinners** -- such as Coumadin® (warfarin), Plavix® (clopidogrel), Xarelto® (Rivaroxaban), Pradaxa® (Dabigatran), Eliquis® (Apixaban), Aspirin, you must speak with your prescribing physician or the specialist performing the procedure at least 2 weeks before the test. Do not stop these medications without the consent of your physician.

Insulin and diabetes medications: Please call the doctor that monitors your glucose levels. Your medications may need to be adjusted due to the diet restrictions required with this bowel preparation.

The following is some information to guide you:

If you take a pill to lower your sugar, do not take it on the day of your procedure.

If you are taking regular insulin®, do not take it on the day of your procedure.

If you are taking long-acting insulin (NPH), take half of your prescribed dose on the morning of the procedure.

If you are taking any other insulin preparation, such as Lantus®, Humalog® or 70/30 insulin, contact your prescribing physician for instructions.

Do not take **Lisinopril** on the day of your procedure. You may take ALL other prescribed medicines with a sip of water on the day of your colonoscopy.

FIVE (5) DAYS BEFORE YOUR COLONOSCOPY

You need to buy the following (no prescription needed):

◆One 64-ounce or two 32-ounce bottles of Gatorade®, Propel®, Powerade®, Crystal Light® or other noncarbonated clear liquid drink (no red colors). If you have diabetes, you may use sugar-free Gatorade.

◆Dulcolax® (bisacodyl) laxative tablets (not suppository or stool softener, you will need 4 tablets for the prep).

◆MiraLAX® 238 grams (8.3 ounces) powder or generic polyethylene glycol 3350 (can find in laxative section).

THREE DAYS BEFORE YOUR COLONOSCOPY

Avoid high-fiber foods -- such as popcorn, beans, seeds (flax, sunflower, and quinoa), multigrain bread, nuts, salad/ vegetables, fresh and dried fruit.

ONE (1) DAY BEFORE YOUR COLONOSCOPY

Only drink clear liquids the ENTIRE DAY before your colonoscopy. Do NOT eat any solid foods. The clear liquids you can drink include:

Water, apple, or white grape juice; fat free broth; coffee or tea (without milk or creamer); clear carbonated beverages such as ginger ale or lemon-lime soda; Gatorade® or other sports drinks; Kool-Aid® or other flavored drinks. You may eat plain jello or other gelatins or popsicles (not red). Do NOT drink alcohol on the day before or the day of the procedure.

In a pitcher mix 238g of MiraLAX® with the 64 ounces of Gatorade® or equivalent. Stir/shake the contents until the entire contents of MiraLAX® are completely dissolved. Chill if desired.

□ Morning Appointments (Before 12 noon)

OPTION 1 - Split dosing Prep (split dose is considered best option)

Step 1. At 5 p.m., take 4 tablets of Dulcolax® laxative with water by mouth.

At 7 p.m., drink the first half of the Gatorade®/MiraLAX® solution. Drink one 8-ounce glass every 10-15 minutes. You may drink it directly or through a straw. You may continue to drink clear liquids only until midnight.

Step 2. The day of the colonoscopy (4 hours before your scheduled exam). Take the second half of the Gatorade®/MiraLAX® solution. Drink one 8-ounce glass every 10-15 minutes until completed. Please do not consume anything else by mouth after the Gatorade/Miralax solution is completed.

OPTION 2 - EVENING Before Preparation

At 6 p.m., take 4 tablets of Dulcolax® laxative pill with water by mouth.

At 8 p.m. the evening before your colonoscopy start drinking the Gatorade®/MiraLAX® solution. Drink one 8-ounce glass every 10-15 minutes until completed. You can continue to drink clear liquids until midnight. Please do not consume anything by mouth after midnight.

If you have any questions about your procedure please contact 480.240.7391