

INSTRUCTIONS FOR COLONOSCOPY WITH MIRALAX PREP

PURCHASE AT THE PHARMACY: (4) Dulcolax **laxative** tablets & a 238 gram bottle of Miralax.

ONE WEEK PRIOR TO THE PROCEDURE:

Please do not take aspirin, Advil, Motrin, Aleve, ibuprofen, etc., or vitamin E. Tylenol is o.k. If you take Persantine, Plavix, Ticlid, Coumadin, or any non-steroidal anti-inflammatory drug or diabetes medication, ask your prescribing physician for special instructions and let us know. Please continue to take your medication as usual.

FIVE DAYS PRIOR TO PROCEDURE: Restricted residue diet. DO NOT eat nuts, seeds, popcorn or corn. Discontinue fiber supplements such as Metamucil, Citrucel, Fiberall, etc.

ONE DAY BEFORE THE PROCEDURE:

1. Clear liquids only (see below *)
2. At 3:00 p.m. take 4 Dulcolax tablets.
3. At 5:00 p.m. mix 2 capfuls of Miralax in 8 oz. of any non-carbonated clear liquid of your choice from the list below. Shake the solution, until the Miralax is dissolved. Drink an 8 ounce glass mixed with 2 capfuls of Miralax every 15-30 minutes until the 238 gram bottle is gone.
4. A loose, watery bowel movement should result within several hours.
5. **YOU MUST** drink clear fluids until bedtime. The more fluids you drink, the better your prep will be. It is advisable to place a towel under your hip/buttock area at bedtime to prevent any leakage of stool from staining your sheets.

ON THE DAY OF THE PROCEDURE:

1. Nothing by mouth for _____ hours prior to the procedure.
2. If you take medications, you may take it on the morning of the procedure with a small amount of water. (Call the office if you have questions about these instructions).

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- CLEAR LIQUID DIET --- ONLY THESE FOODS ARE ALLOWED: DO NOT HAVE ANYTHING RED OR PURPLE IN COLOR
 - Gatorade and Powerade. **We encourage you to drink as much as possible of these two items to prevent dehydration.**
 - SOUPS: Clear bouillon, broth or consommé
 - BEVERAGES: Tea, coffee, decaffeinated tea/coffee, Kool-Aid, carbonated beverages. DO NOT put any milk or cream in your tea or coffee.
 - JUICES: Apple, White grape juice, white cranberry juice, strained lemonade, limeade, orange drink.
 - ANY JUICE THAT YOU CAN SEE THROUGH AND HAS NO PULP IS ACCEPTABLE.
 - DESSERT: Water ices, Italian ices, Popsicles, Jello, Sorbet
 - You can have up to three cans of Ensure.
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DATE: _____ TIME: _____ DOCTOR: _____

REPORT TO: () ST. Vincent's Medical Center () The Endoscopy Center of Fairfield
2800 Main Street, Bridgeport, CT 425 Post Road, Fairfield, CT

NO DRIVING: You cannot drive, use a taxi or a bus alone after the procedure. You must be accompanied by an adult. If this rule is not followed, we may cancel your procedure.

PLEASE ARRIVE AT: _____