INSTRUCTIONS FOR COLONOSCOPY
WITH PM/AM MIRALAX PREP (2 CAPS)

PURCHASE AT THE PHARMACY: (4) Dulcolax **laxative** tablets & a 238 gram bottle of Miralax.
ONE WEEK PRIOR TO THE PROCEDURE:
Please do not take Advil, Motrin, Aleve, ibuprofen, etc., vitamin E, or fish oil. Tylenol is o.k. If you take aspirin, Persantine, Plavix, Ticlid, Coumadin, Aggrenox, Pletal, Cilostazol or any prescribed 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, corn or popcorn. Discontinue fiber supplements such as Metamucil, Citrucel, Fiberall, flax seed, 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 <u>half</u> the bottle is gone (4 glasses). If feeling nauseated, drink every 30-45 mins.
4. It may take 1 hour or several hours for loose bowel movements to develop.
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. Use Vaseline or Balmex if you get sore.

ON THE DAY OF THE PROCEDURE:

1. **At least three hours before the procedure**, drink the <u>second half</u> of the bottle of Miralax mixed as above (2 capfuls per every 8 oz. clear liquid) until gone. .
2. Nothing by mouth for _____ hours prior to the procedure.
3. 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).
4. Wear comfortable clothing, no perfume, cologne, after-shave or body lotion.

CLEAR LIQUID DIET --- ONLY THESE FOODS ARE ALLOWED: DO NOT HAVE ANYTHING RED OR PURPLE IN COLOR

<u>We encourage you to drink as much liquid as possible to prevent dehydration.</u>
SOUPS: Clear bouillon, broth or consommĕ
BEVERAGES: Tea, coffee, decaffeinated tea/coffee, Kool-Aid, carbonated beverages. DO NOT put any milk or cream in your tea or coffee. Apple juice, 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.

DATE: _____ARRIVE AT:_____ DOCTOR: _____

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

<u>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.</u>

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