Colonoscopy Prep #1 Miralax

ANY QUESTIONS CALL Fairfield 203-292-0000 Bridgeport 203-333-3328

Report to () St. Vincent's Medical Center 2800 Main St., Bridgeport, CT () The Endoscopy Center of Fairfield 425 Post Rd, Fairfield, CT

Procedure Time __ Doctor Arrive at

Purchase (4) Dulcolax Laxative 5 mg Tablets and a 238 gram bottle (or two 119 gram bottles) of Miralax at the pharmacy as soon as possible. If Monday procedure please pick up before weekend start.

Do not follow instructions on the bottle, follow the instructions below:

If you take any of the following medications call your Prescribing Doctor and let them know about your upcoming procedure. *They may want to make changes*.

Diabetic Medications: Metformin, Actos, Glipizide, Insulin, etc.

Blood Thinners: Ask your Doctor how long you can be off the following medications before your procedure: Aspirin, Persantine, Plavix, Ticlid, Coumadin, Effient, Aggrenox, Pletal, Cilostazol, Pradaxa, Xarelto, Brilinta, Eliquis, prescribed non-steroidal antiinflammatory, (Celebrex, Mobic, etc.)

ONE WEEK BEFORE THE PROCEDURE

Advil, Motrin, Aleve, Ibuprofen, Fish Oil, Iron and Vitamin E. Nuts, Seeds, Corn, Popcorn, Metamucil, Citrucel, and Flax Seed (TYLENOL is OK).

ONE DAY BEFORE THE PROCEDURE:

- 1. Drink Clear Liquids ONLY (The more you drink, the better the prep will be) NO FOOD
- 2. At 3 pm take 4 Dulcolax laxative 5mg. tablets.
- 3. At 5 pm mix 2 capfuls of Miralax in 8 oz of clear liquid from the list below, repeat this 3 more times and more than half the bottle of miralax will be finished. (Miralax dissolves better in warm liquids). Drink every 15-20 minutes, if nauseous drink every 30-45 minutes.
- 4. Expect loose watery bowel movements.
- 5. YOU MUST continue drinking clear fluids until bedtime. Place a towel under your buttocks at night when you are sleeping.

ON THE DAY OF THE PROCEDURE: Please do not wear fragrant products.

- 1. Get up 6 Hours Before your procedure Finish the miralax drink the same as above (3 glasses).
- 2. Take your morning medications.
- 3. 3 Hours before -- STOP DRINKING.

EXAMPLES OF CLEAR LIQUIDS (Please try to drink 4-6 oz every hour)

Pedialyte, Gatorade, bouillon cubes, broth, consommé, apple juice, white grape juice, white cranberry juice, strained lemonade, crystal light, water, Italian ice, sorbet popsicles, or jello. You may have 1 cup of black coffee or tea per day, sugar is okay.

DON'T HAVE: ONLY WATER



ANYTHING RED or PURPLE MILK or CREAM

YOU WILL NEED A RESPONSIBLE RIDE HOME.



NO DRIVING!!!

Expect to be here for 90 minutes to 2 hours.