



## INSTRUCTIONS FOR COLONOSCOPY MIRALAX PREP

Procedure Date: \_\_\_\_\_

Check-in at: \_\_\_\_\_

**\*\*Notify your Family Physician if you are taking Coumadin, Aspirin, or any anti-inflammatory medication such as Advil, Aleve, Ibuprofen, Mobic, Celebrex, please stop 4-5 days prior to procedure.\*\***  
**\*\*\*If you are taking Aggrenox, Persantine, Plavix, Pletal, Ticlid, or any other blood thinning agent, please stop 10 days prior to you procedure.\*\*\***

In preparation for your procedure, you will need to purchase the following:

- MiraLax - 238 gram bottle
- Dulcolax (Bisacodyl is the Generic formula) Tablets – minimum of 4 tablets
- Gatorade / juice (no red or purple color) - 64 oz. bottle to mix with the MiraLax or you may use water if you prefer

### **DAY BEFORE THE PROCEDURE:**

**DRINK ONLY CLEAR LIQUIDS the ENTIRE DAY (breakfast, lunch and dinner).**

**Clear Liquids include:** water, clear broth/bouillon, soda, tea coffee (without milk or non-diary creamer), clear juice without pulp (apple, white grape or lemonade), Jell-O (orange, lemon and or lime without added fruit), Popsicles, Gatorade, Kool-Aid, other fruit drink flavored drinks.

**AVOID: Red colored liquids, milk/milk products, and alcohol. No solid food on this day!!**

**Begin the prep anytime between 12:00 and 4:00 PM** (the earlier you start the earlier you will be able to go to sleep!)  
The prep will last at least 8 hr. **Drink as many liquids as possible throughout the day to stay hydrated.**

**Step 1:** Take 2 Dulcolax (Bisacodyl) tablets with one full glass of water

**Step 2:** Two hours after taking the Dulcolax - mix the entire bottle of MiraLax in 64 oz of Gatorade (no red or purple) water or juice. Shake or stir the solution until MiraLax is dissolved. Drink one 8 oz glass every 10 – 15 minutes until the solution is gone. If you become nauseated, take a 30 minute break, but you still need to finish all the mixture.

**Step 3:** At 8:00 pm - Take 2 Dulcolax (Bisacodyl) tablets with 1 full glass of water

You may continue to drink clear liquids until midnight. **DO NOT DRINK OR EAT ANYTHING AFTER MIDNIGHT unless Surgery Center staff has instructed you to do so.**

### **DAY OF PROCEDURE:**

- **Do not eat or drink anything unless otherwise instructed**
- You may take prescription blood pressure or heart medications with a small amount of water if you usually take them in the morning. Consult the WWSC staff regarding any other medications.
- Women under the age of 55 will be required to give a urine specimen

**Bring with you:**

- **Someone to drive you home.** You will be given sedation during the procedure. You will **NOT** be allowed to leave unaccompanied and **CANNOT** take a cab.
- Insurance cards and drivers license/photo ID and list of your medications.