

MIRALAX 2 DAY PREPARATION FOR COLONOSCOPY

Procedure is scheduled _____

Date: _____

Arrival time: _____

Procedure time: _____

Procedure Location

Outpatient Endoscopy Locations			
Clayton 900 S. Lombard St. Suite# 104 Phone: 919-341-3547	Raleigh 2601 Lake Drive Suite# 201 Phone: 919-783-4888	Wake Forest 10540 Ligon Mill Rd. Suite# 109 Phone: 919-439-3393	Wilson 2402 Camden St SW Suite #300 Phone: 252-237-4100
Outpatient at Wake Med Hospital Cary North New Bern		Outpatient at Rex Hospital	

You will be sedated for this procedure, and you must have:

- **Adult driver, 18 years or older to bring you to your procedure.**
- **Adult driver must stay at the facility for the duration of the procedure.**
- **Adult driver must drive you home.**

If you take Phentermine, it MUST be stopped 14 days prior to procedure.

If you take Coumadin, Warfarin, Pradaxa, Xarelto, Eliquis, Plavix, Effient, or any other blood thinner please call our office for specific instructions.

The facility has the right to delay or cancel your procedure in the event you do not have an adult with you to drive you home.

If you are unable to keep your appointment, please call our office as soon as possible to reschedule. We do reserve the right to charge for missed appointments or appointments cancelled less than 72 hours in advance.

Diabetic Patients

If taking diabetic medication:

- Day before procedure:
AM --Take your normal insulin and/or oral medications.
PM --Take ½ of PM insulin dose, NO oral diabetic medication.
- Day of procedure:
Do not take any diabetic medications until after the procedure.

Asthma Patients

If using an inhaler

- Bring inhaler with you on day of procedure.

CPAP or VPAP

If you use either of these machines, you are required to bring it with you.

MIRALAX 2 DAY PREPARATION:

Instructions: Purchase **96** ounces (totals **three 32** ounce bottles) of non-red, non-purple Gatorade (clear is preferable), a **238** gram bottle of Miralax powder, a **119** gram bottle of Miralax powder, and **four** Dulcolax (Bisacodyl) tablets over the counter. All pharmacies have a generic version of Miralax (Polyethylene Glycol) that will be cheaper than the brand. If you are diabetic, you should use the G2 version of Gatorade as it has less carbohydrates. You will need **one prescription** medication called Reglan (Metoclopramide) 10 mg tablets x 2 tablets.

5 days prior

- Stop any iron supplements you are taking.
- Avoid sesame seeds and nuts

Day before procedure:

- Drink clear liquids **only for all snacks and meals.**
Clear liquid diet: coffee, tea, soft drinks, Jell-O, clear broth, popsicles, clear fruit juices, Gatorade, water, Snapple, powdered juices. Avoid red or purple liquids.
- Force fluids all day prior to and after beginning the bowel prep to keep yourself hydrated. **No solid foods or milk products.**

Day before procedure in the morning: Mix **238 grams** of Miralax and **64** ounces (**two 32 ounce bottles**) of Gatorade together (no red or purple; clear is preferred). Refrigerate mixture.

4:30 pm: Take 1 Reglan tablet prior to drinking the mixture. This will help with nausea and it helps to speed up the passage of contents in the intestine. Take **2** Dulcolax tablets with water. Do not chew or crush the tablets.

6:00 pm: Drink **64** ounces (**two 32 ounce bottles**) of the of the Miralax & Gatorade prep mixture. Take an additional **2** Dulcolax tablets after drinking the 64 ounces.

Do not plan to go anywhere after you have started drinking the prep. The prep will cause diarrhea to cleanse your bowel for the procedure. Use baby wipes rather than toilet tissue to protect your rectum from irritation. You may use Vaseline to coat the rectum if the tissue is tender.

Morning of procedure:

Mix **119** grams of Miralax and **32** ounces of Gatorade together (no red or purple); clear is preferred). Take 1 Reglan tablet prior to drinking the remaining 32 ounces (one Gatorade bottle). Do not drink any liquids for at least **4** full hours prior to your arrival time. (You can make this the night before and refrigerate the mixture so it will be ready to drink in the morning. It is better tolerated if it is chilled.)

*****IMPORTANT: YOU SHOULD HAVE NOTHING BY MOUTH BEGINNING 4 HOURS PRIOR TO YOUR PROCEDURE. THIS INCLUDES BREATH MINTS, GUM, CANDIES, AND WATER. ****