

## MIRALAX 2 DAY PREPARATION FOR COLONOSCOPY

Procedure is scheduled with: \_\_\_\_\_

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

Arrival time: \_\_\_\_\_

Procedure time: \_\_\_\_\_

### Procedure Location

Outpatient Endoscopy Locations			
<b>Clayton</b> 900 S. Lombard St. Suite# 104 Phone: 919-341-3547	<b>Raleigh</b> 2601 Lake Drive Suite# 201 Phone: 919-783-4888	<b>Wake Forest</b> 10540 Ligon Mill Rd. Suite# 109 Phone: 919-439-3393	<b>Wilson</b> 2402 Camden St SW Suite #300 Phone: 252-237-4100
<b>Cary</b> 929 Kildaire Farm Rd. Phone: 919-783-4888		<b>Outpatient Hospital Procedure</b> Wake Med: Cary Raleigh North REX: Raleigh	

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 to your appointment.

## MIRALAX 2 DAY PREPARATION:

### 1) Follow instructions outlined below.

Bowel prep will include the following over the counter items to purchase from your pharmacy:

- **Miralax:** One (1) 8.3-ounce (238g) bottle of Miralax powder or generic equivalent (Polyethylene glycol).
- **Gatorade:** Three (3) 28-ounce bottles of Gatorade, any color except red/purple.
- **Dulcolax:** Four (4) tablets (generic name is Bisacodyl) - it does not require a prescription.

### 2) 5 days prior

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

### 3) 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.**

4) **Morning:** Combine 84 ounces of Gatorade and 8.3-ounce bottle of Miralax in a large container or pitcher. **Stir to combine and chill in the refrigerator.**

5) **4:30 pm:** Take 1 Reglan or 1 Zofran tablet as prescribed by your physician. This will help with nausea from the prep.

6) **5:00 pm:** Take 2 Dulcolax tablets with water. Do not chew or crush the tablets.

7) **6:00 pm:** Complete the first half of the MIRALAX/GATORADE PREP. Drink half of the mixture (42 ounces). Drink a minimum of 8 ounces of solution every 15 minutes. You may drink faster if you are able.

8) **7:00 pm:** If you have not had liquid stools by now, take two (2) additional Dulcolax tablets.

- 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.
- **DO NOT** eat or drink anything after midnight other than the 2<sup>nd</sup> prep dose as instructed.

## **Morning of procedure -- 2<sup>nd</sup> Dose**

**Start so you are finished 3 hours prior to arrival time.**

- 30 minutes before starting 2nd dose take 1 Reglan or 1 Zofran tablet as prescribed by your Physician.
- Drink the second half of the Miralax/Gatorade prep. Drink approximately 42 ounces; drink a minimum of 8-ounces every 15 minutes. You may drink faster if you are able.
- Continue to drink clear liquids until 3 hours prior to your procedure.
- Do not drink anything after you have completed the prep.
- Do not eat anything until after the procedure.

**\*\*\*IMPORTANT: YOU SHOULD HAVE NOTHING BY MOUTH BEGINNING 3 HOURS PRIOR TO YOUR PROCEDURE. THIS INCLUDES BREATH MINTS, GUM, CANDIES, AND WATER. \*\***