



INSTRUCTIONS FOR COLONOSCOPY WITH MIRALAX

Please inform us if you are taking medications such as Aspirin, Coumadin, Plavix or any other anticoagulant. It is possible that we tell you to stop them if your primary care physician agrees. Notify us if you have a pacemaker or valve replacement.

YOU WILL HAVE TO REMOVE THE NAIL POLISH FROM AT LEAST ONE FINGER ON EACH HAND. OTHERWISE WE MIGHT HAVE TO CANCEL YOUR PROCEDURE.

Buy a bottle of Miralax (238grams), 4 Dulcolax tablets, a 64 ounce bottle of Gatorade or similar drink that is not RED. If you have diabetes, you can use Crystal Light. If you prefer, you can mix the Miralax with the Gatorade or Crystal Light two days before and keep it in the refrigerator.

The day before your procedure you can have a normal breakfast. After breakfast, stay on LIQUID DIET (soups, creams, juice, broth, gelatin, supplements) for the rest of the day.

At 2:00PM take the 4 Dulcolax tablets. At 4:00PM start drinking an 8 ounce glass of Miralax/Gatorade every 15 minutes until it is finished. Make sure you drink the whole bottle.

Do not eat anything after midnight. You can take medications for your blood pressure, heart, seizures etc. with a bit of water. IF YOUR PROCEDURE IS SCHEDULED IN THE AFTERNOON YOU CAN DRINK CLEAR LIQUIDS (NOT RED) UP UNTIL TWO HOURS BEFORE YOUR PROCEDURE.

On the day of the procedure you must be fasting. If you are a diabetic DO NOT take your diabetes medication until you are instructed you can do so, after the procedure. You must be in the company of an adult who can drive, we will not be able to perform the procedure if we are not clear on who will be responsible for taking you home after the procedure.

You can bring a blanket for your comfort. It is not necessary to bring a pillow.

Upon discharge, you will be given instructions on what to do after the procedure.