

# Miralax Preparation for a Colonoscopy

From the Pharmacy:

1. 10-ounce bottle of Magnesium Citrate, a box of Ducolax Laxative Tablets, and a 238-gram bottle of Miralax powder.
2. 64-ounce bottle of Gatorade. NOTE: Do not drink Gatorade red, purple or dark blue in color.

## COLONOSCOPY:

In order to achieve an accurate evaluation of your lower gastrointestinal (GI) tract, it is important that you properly prepare for the procedure. Doctors are able to obtain the clearest view of the bowel when it is flushed completely free of waste material. The thoroughness of this intestinal cleaning depends on you. Without your cooperation, the examination cannot accomplish its purpose and may have to be repeated.

### Five (5) Days Before Procedure:

- DO NOT DRINK ALCOHOL FOR (5) DAYS PRIOR TO YOUR PROCEDURE.
- DO NOT take any or ibuprofen products. Tylenol (acetaminophen) is allowed.
- Stop taking anticoagulants or blood thinners such as: Coumadin, Naprosyn, Nuprin, Persantine, Plavix, Relafen, Rufen.

### Day Before Procedure:

- You will need to follow a clear liquid diet throughout the day. Items include: clear juices without pulp, clear soda, chicken or beef broth, popsicles, Jell-O, tea, coffee, etc. If you are a diabetic, drink regular (non-diet) liquids in moderation throughout the day.
- Avoid **FOOD**, dark colored liquids, dairy and orange juice products.
- At 4:00 PM Drink the 10oz bottle of Magnesium Citrate. (Drink Slowly to avoid nausea)
- At 5:00 PM Take 4 Ducolax (Bisacodyl) laxative tablets with an 8oz glass of Gatorade
- At 6:00 PM Mix the entire bottle of Miralax powder with the entire bottle of Gatorade. Shake the solution until the powder is dissolved. Begin drinking 8oz of the solution every 10 to 15 minutes until finished.
- YOU MAY CONTINUE LIQUIDS UNTIL BEDTIME.
- DO NOT EAT OR DRINK ANYTHING **AFTER MIDNIGHT**.

### Day of Procedure:

- Take any currently prescribed heart or blood pressure medications with a sip of water.
- If you are diabetic: To avoid dangerously low blood sugar, **Do Not** take your diabetic medication (pills or insulin) the morning of your procedure. You can resume your diabetes medications after the procedure once you have eaten.
- You may have clear liquids until 7:00 AM **IF YOUR PROCEDURE IS SCHEDULED AFTER 1:30 PM.**
- Plan on being at the facility for approximately 2-3 hours.
- A driver must accompany you to drive you home after your procedure. You will be sedated for your colonoscopy and will be drowsy for several hours after the procedure. You may not drive or work for 12 hours after the procedure.
- YOU WILL **NOT** BE ALLOWED TO DRIVE OR TAKE A CAB.

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

Check-In Time: \_\_\_\_\_

Location: \_\_\_\_\_

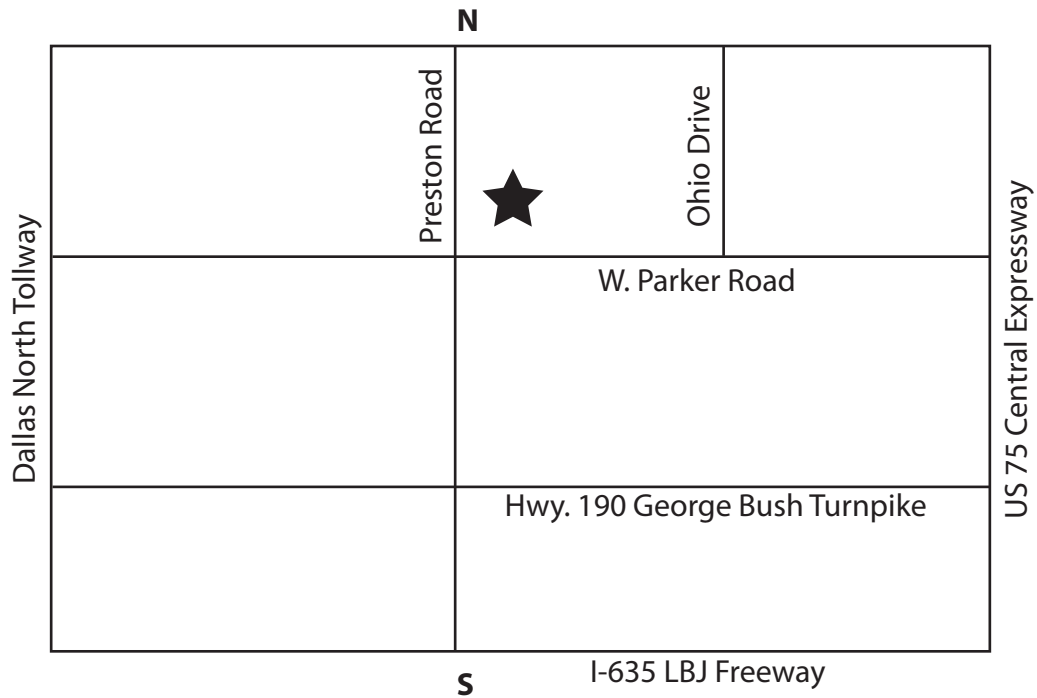
**MEDICAL CENTER OF PLANO**

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**(Enter thru ER entrance and go to the Out Patient Registration Desk)**

**PRESTON CROSSING ENDOSCOPY CENTER**

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