



Standard Miralax Prep for Colonoscopy

Provider:

Procedure/Date:

Arrival time/Procedure time:

Location:

Preparation instructions:

Items you will need (Available over the counter):

- 1) Miralax or Glycolax, 1 bottle (238 grams)
- 2) Dulcolax (2 tablets) Laxative not the stool softener

Clear liquid diet

Includes water, clear broth, tea, coffee (without milk/creamer), clear juice (without pulp), Jell-O, popsicles and other flavored drinks. Avoid purple or red colors. **NO CARBONATED BEVERAGES**

- If you are on a blood thinner, (Coumadin/Warfarin/Prodaxa/Xarelto) do not take it for 3 days prior to the procedure.
- If you are on iron tablets, do not take it for 7 days prior to the procedure.

On the day before your procedure? NO SOLID FOOD THE DAY PRIOR

1. Drink only clear liquids starting the day prior to your procedure.
2. At 1 p.m., take 2 Dulcolax tablets by mouth.
3. At 2 p.m., mix one bottle of Miralax or Glycolax (238 grams) in 64 ounces of a liquid of your choice (Gatorade, Crystal Light, Water, etc ...)

DO NOT MIX MIRALAX WITH ANY SODA OR ANY CARBONATED BEVERAGE

4. Drink an 8 oz glass every 15 minutes until the solution is gone.
5. Continue a diet of clear liquids until bedtime.

DO NOT HAVE ANY LIQUIDS AFTER MIDNIGHT

On the day of the procedure?

1. You may take your heart/blood pressure medication with a sip of water the morning of the procedure.
2. If you are diabetic, **NO INSULIN or ORAL** medication the morning of the procedure.
3. If you wear an insulin pump, please contact your endocrinologist for instruction on your dose.

NO DRIVING: Due to sedation, you must have someone with you to drive you home.

If you have any questions regarding these instructions please call (314)543-5200, Option 5, then dial 5977# before your procedure.