

Practice limited to Gastroenterology
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Colonoscopy-Morning Procedure

“Miralax Prep”

Patient’s Instructions:

Colonoscopy is a procedure which allows the Doctor to actually look inside your colon (the large intestine) from the rectum to the ileum (the last portion of the small intestine). The test may be performed to evaluate such conditions as: lower gastrointestinal bleeding; abnormal barium enema examinations; pre and postoperative evaluations of patients with colon cancer; inflammatory bowel disease and unexplained chronic diarrhea. Colonoscopy can also be used for the treatment such as removal of Polyps, Dilation of Strictures, and removal of foreign bodies as well as for Colon Cancer Screening.

Preparations for the test at home:

You will need (1) 238 gram bottle of Miralax, (4) Dulcolax (laxative) pills which are over the counter, and 64oz. of clear or yellow Gatorade, Propel Water, Apple juice, white grape juice, Iced Tea, or Crystal Light Lemonade. When you get this home refrigerate the clear liquid.

Have a complete liquid diet the entire day before the test.

You may have clear broth, strained fruit juices, coffee, tea, carbonated beverages, and water, jello, or ice pops. **Do Not have any dairy products or anything red. You may have some milk in your coffee or tea.**

At **12:00pm** take 2 dulcolax tablets with a glass of water

At **3:00pm** mix the 238gram bottle of Miralax in 64oz of CLEAR fluid. Shake until the powder is completely dissolved. Drink an 8oz glass every 15-20minutes until the solution is gone.

At **6:00pm** take 2 Dulcolax tablets with a glass of water.

After all three parts of the prep are taken; only clear liquids may be taken by mouth. Examples include: 7up, Sprite, Seltzer, or water. **You should have nothing by mouth after midnight.**

Take all blood pressure and cardiac medications with only a sip of water the morning of your procedure, unless instructed otherwise by M.D.

Hold Aspirin/NSAIDS (Ibuprofen, Motrin, and Aleve) Vitamin E 5-7 days before the procedure unless otherwise indicated by your M.D. or nurse. Tylenol is ok to take.

Notify the Doctor/Nurse if you:

- Are Diabetic
- Have Seizure Disorder (Please take anti-seizure medications the AM of the test)
- Take Blood Thinners (Coumadin, Plavix);
- Have Latex Allergy
- Have an Allergy to Demerol or Valium;
- Have an allergy to Novocain
- Have a Pacemaker/Defibrillator