



## COLONOSCOPY PREPARATION with MIRALAX

You are scheduled to have a colonoscopy, which requires a thorough cleansing of the colon prior to the procedure. You will be given a prescription for Miralax. You will need to pick up your prescription at least two days prior to your colonoscopy. Also purchase 64oz of Gatorade (light in color) and 3 bisacodyl (dulcolax) tablets (available without prescription). The process will require that you follow the instructions listed carefully. If you have any problems or questions, please call our office at (602) 995-0822.

- Begin a CLEAR LIQUID DIET ONLY STARTING THE DAY BEFORE YOUR PROCEDURE – For breakfast, lunch and dinner you may drink only clear liquids: Gatorade, tea, black coffee, apple juice, white grape juice, clear pop, clear broth, popsicles, plain jello and water. NO SOLID FOODS CAN BE CONSUMED UNTIL AFTER YOUR COLONOSCOPY.
- It is important that you drink extra fluids while on your liquid diet. Try to drink at least 8 ounces of liquid every hour.
- At 3pm take 3 Dulcolax tablets
- At 5pm mix all of the Miralax in 64oz of Gatorade. Shake well until completely dissolved. Drink 8oz every 15 minutes until the entire bottle is consumed.
- Continue to drink liquids up until bedtime or 8 hours prior to your colonoscopy. This helps you to avoid dehydration.
- Stop eating and drinking any liquids 8 hours prior to your appointment time.

The bowel preparation will cause you to have diarrhea – your goal is clear “stools” with little or no particulate matter.

DO NOT SKIP IMPORTANT MEDICATIONS! If you normally take your medications in the morning, do so with a small sip of water.

DO NOT TAKE ASPIRIN, FISH OIL, VITAMIN E OR BLOOD THINNERS (COUMADIN, PLAVIX) FOR 7 DAYS BEFORE YOUR COLONOSCOPY UNLESS YOU HAVE CLEARED THIS WITH YOUR SURGEON, OR YOUR PROCEDURE WILL BE CANCELLED.

Because of the anesthetics that you will be given, **you must arrange to be accompanied and driven home by a friend or relative after your colonoscopy.** Plan to be at the facility for at least 2 hours. You must arrive one hour prior to the scheduled time. You cannot drive or make legal decisions for the remainder of the day.

If you are scheduled for a “SCREENING COLONOSCOPY” and the doctor finds/biopsies/removes and polyps, your colonoscopy will be billed as a “DIAGNOSTIC COLONOSCOPY”. This may result in a higher patient out-of-pocket expense, depending on your insurance.

**If the doctor takes a biopsy** during the exam, we will call you with the results. If you have not heard from our office within one week, please call us.

If you have any questions or concerns you may call the office at (602) 995-0822. After hours, the office message will refer you to the on-call doctor.