

## **Preparation for Colonoscopy: MIRALAX**

**Location:**      **Endoscopy Center 2nd Floor**  
**1140 W La Veta**  
**Orange CA 92868**

Appointment Date: \_\_\_\_\_      Arrival Time: \_\_\_\_\_

### **What you need:**

- 1) Dulcolax tablets 4 tablets (called in to your pharmacy).
- 2) Miralax 238-gram bottle (found over the counter at any pharmacy).
- 3) 64ozs of a clear liquid as in Gatorade, Crystal Lite, water. **You may have:** Yellow, Blue, Green or Clear. **You cannot have RED, PURPLE or ORANGE colors**

**Five days prior to your procedure:** If you are on Coumadin or Plavix, stop taking these medications. **Continue to take all other medications as usual including the day of the procedure.** **If you are having an EGD the last oral intake has to be 4 hours before the procedure time.**

**Four days prior to your procedure:** **Stop Iron and High Fiber foods**, this means wheat bread, oat meal, bran, fruit, vegetables, nuts. (This also includes supplements) **You may have** proteins, starches and dairy products.

**Two days prior to the procedure:** Have breakfast, lunch and a **light dinner**, then begin a clear liquid diet (Broth, Jello, juices, popsicles, tea, sports drinks, clear sodas) they may be blue, yellow or green. You'll continue this diet up until 4 hours prior to your procedure time. **NO RED, ORANGE OR PURPLE LIQUIDS ALLOWED.**

**\*\*IF YOU ARE A DIABETIC DO NOT DRINK ANY DIET LIQUIDS IT MAY CAUSE YOUR SUGAR TO DROP.\*\***

**One day prior to the procedure:** **You may start your preparation as early as you would like to but no later than 4pm.** First take 2 Dulcolax tablets. One hour later mix the entire bottle of Miralax with 64oz of clear liquid, shake until Miralax is dissolved. **Slowly drink an 8oz glass of the mixture every 15 to 20 minutes until 32oz are consumed. You may refrigerate the difference. One hour later take the last 2 Dulcolax tablets. Wait four hours then complete the second dose of Miralax the same way you took the first one.**

**OR**

**You can finish the last 32ozs of Miralax the day of your procedure the same way you drank it the day before but you need to finish it 4 hours before your arrival time.**

**IF YOUR ARE STILL SEEING SOLID STOOL AT THE END OF THE PREP YOU NEED TO TAKE AN EXTRA 1/2 DOSE OF THE MIRALAX.**

Monitor the urine color it should be a clear yellow. If it is dark you need to increase your fluid intake. You may use Dessitin or Vaseline cream to the anal area to protect the skin.

**YOU MAY NOT HAVE ANYTHING TO EAT OR DRINK 4 HOURS BEFORE YOUR PROCEDURE TIME.**

### **Important Notes:**

You CANNOT drive after the colonoscopy till the following day.

**You have 72 business hours to reschedule, if you do not show up to your appointment without prior cancellation there will be \$100.00 cancellations fee NO EXCEPTIONS.**

**IF A BIOPSY WAS TAKEN PLEASE CALL OUR OFFICE 5-10 DAYS AFTER YOUR PROCEDURE FOR YOUR RESULTS.**