



MIRALAX PREP for COLONOSCOPY

ABOUT THE PROCEDURE:

After your clear liquid diet and laxatives, your digestive tract should be quite clear and empty. You will receive medication before the procedure to reduce discomfort unless you choose not to. A flexible instrument will be passed through the rectum and into the colon. This allows us to look at the lining of the colon for possible problems. If any are found, we can take a small biopsy of the tissue for further study. During this procedure, we may take photographs for your medical record.

You must bring someone who will drive you home 1 hour from your appointment time. Your driver must come to the endoscopy unit to escort you to the car. You will not be able to drive the day of your procedure. If you need to take a taxi or public transportation you must bring an escort with you.

WHAT ARE THE RISKS?

Colonoscopy is a standard medical procedure, but all such procedures have some risks. These problems do not happen often.

Rarely, the instrument may tear the wall of the colon. This may require surgery.

There may be adverse drug reactions or heart/breathing complications.

In rare instances, bleeding may occur, usually when tissue or polyps are removed. This may mean being admitted to the hospital for additional care, which may require a transfusion or surgery.

GETTING READY:

Do not take iron or iron supplements 7 days prior to procedure.

Take all other medication, including blood pressure medicine and heart medications.

Please call the office if:

You are diabetic.

You are pregnant.

You are on Coumadin, Warfarin, Plavix or any other anti-coagulate therapy.

You have an artificial heart valve, internal cardiac defibrillator (ICD), prior history of heart valve infection or require antibiotics prior to medical procedures.

Do not eat nuts, seeds, popcorn, or corn 5 days prior to exam.

Discontinue fiber supplements such as Metamucil, Citrucel, Fiberall 5 days prior.

Do not eat Olestra containing foods (i.e. light potato chips) 7 days prior.

Please leave all jewelry at home.

Purchase Bisacodyl (Dulcolax) laxative tablets. You will need 4 (purchase over the counter at any pharmacy).

Purchase Miralax 238 gm bottle (purchase over the counter at any pharmacy).

Purchase 64 oz. Gatorade (not red, blue or purple).

ONE DAY BEFORE PROCEDURE:

Drink **ONLY** clear liquids (**NOTHING RED, PURPLE OR BLUE**) – **DO NOT EAT SOLID FOOD**

Examples of clear liquids are as follows:

- water
- dissolved beef/chicken bouillon cubes
- popsicles
- strained fruit juices such as apple or white grape juice
- coffee/tea without cream or dairy products
- Gatorade
- soft drinks and/or Kool-Aid
- Jell-O

At 1 PM: Take (2) Bisacodyl (Dulcolax) laxative tablets.

At 5 PM: Mix Miralax 238 gm bottle with 64 ounces of Gatorade (not red, blue or purple). Drink an 8-ounce glass every 10-20 minutes until solution is gone. (*You may mix solution ONE HOUR before and chill in refrigerator)

At 9 PM: Take (2) Bisacodyl (Dulcolax) laxative tablets.

DAY OF EXAM:

Discontinue your clear liquid diet three hours before the procedure – nothing by mouth.

If you have any questions, please call the office at 207-773-7964.