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Miralax Prep Instructions

PLEASE BE ON TIME!

Appointment Day:

Date:

Arrival Time:

Location: Regional SurgiCenter 545 Valley View Dr. Moline, IL 61265

DIABETIC
YES / NO

INR
YES / NO

YOUR PREP IS THE KEY TO A SUCCESSFUL COLONOSCOPY

A bowel prep is done to clear the bowel of all solid matter. You may need to get to the toilet right away. You will have many bowel movements after you start your prep. They will become very watery. The bowels are clear or clean when there is only pale-yellow fluid **without** flecks of stool.

Please follow these instructions.

Purchase the following items over the counter:

- Miralax (sm. bottle, 119 grams)
- Miralax (lg. bottle, 238 grams)
- Dulcolax /Bisacodyl tablets (4 tablets-5 mg)
- 3 (32 ounce) bottles of sports drink such as Gatorade. (No Red or Purple)

- There may be store brands of these products that cost less.
- Ask the pharmacist to help you find what you need.
- Buy Do not use carbonated beverages with your Miralax prep.

Stop Blood Thinner/Anti-Coagulant,

, on

5 Days Before your Procedure

- Stop arthritis pills and anti-inflammatories such as: Ibuprofen, Advil, Motrin, Aleve.
- Stop eating popcorn, berries, nuts and seeds.
- Ask your doctor if you should take any of your medicines the morning of your test. If so, take with sips of water only.

1 day before your procedure

- Do not eat any solid food or milk products until after the Colonoscopy.
- Drink only clear liquids. **Avoid all red or purple colored liquids.**
- Water
 - Soft drinks
- Fruit Juices (no pulp)
 - Jell-O
- Popsicles
 - Kool Aid
- Gatorade / sports drinks
 - Coffee or tea (no milk or cream)
 - Clear broth or bouillon
- At **1:00 pm** Take 4 Dulcolax tablets (Bisacodyl Tablets) with a drink of clear liquids.
- At **6:00pm** Mix the 238 gram bottle of Miralax with 64 ounces of Gatorade or clear liquid.
- Drink one glass every 15-30 minutes until gone.

If you have questions, need to cancel or reschedule, please call PHONE: 309-601-2800 · FAX: 309-601-2801

Day of your procedure

- At Mix 119 gram bottle of Miralax with 32 ounces of Gatorade or other clear liquid.
- Drink one glass every 15 to 30 minutes until gone. Try to finish drinking in 2 hours.
- **Take blood pressure, heart, lung and seizure medication with sips of water.**
- **Nothing to drink 2 hours prior to arrival time:** (You may gargle, but do not swallow any liquid.)
- Do not smoke after midnight.

**** Arrange to have an adult bring you to your appointment, stay there and take you home after your test ****

****Menstruating females will be required to give a urine sample****

****Please bring this sheet and an updated medicine list****

Following your colonoscopy:

- Expect to be groggy, possibly requiring a nap.
- Bloating or perhaps abdominal pain that should improve after a few hours.
- No Driving, signing legal documents or returning to work within 12 hours after procedure.

The day after:

- Should be able to return to normal activity, such as work and light exercise.