

For Office Use

Loc:

Dx:

IV MAC



PM
For Colonoscopies scheduled
at 1pm or later

Miralax® Preparation Instructions

Anticoagulants (Blood Thinners)

Unless your doctor has advised you otherwise, stop taking any blood thinning medications as follows:

7 days before: Effient

5 days before: Plavix, Brilinta, and Coumadin

2 days before: Pradaxa, Xarelto, Eliquis, Savaysa

Three Days Before The Procedure

Start a LOW FIBER DIET. Avoid leafy vegetables, seeds, and nuts.

The Day Before The Procedure

1. Do NOT eat any solid food after NOON
2. After noon, limit intake to CLEAR liquids
3. Mix 8.3 oz (238 gm) Miralax® with 64 oz Gatorade or similar sports drink (do NOT use a red flavor) and place in the refrigerator to chill overnight.
4. You are encouraged to drink plenty of water and other clear fluids on the day before your procedure

The Day Of The Procedure

1. Starting between 4:00 and 5:00 am, take four 5 mg bisacodyl tablets and start drinking the Miralax®/Gatorade® prep solution.
2. You should drink about 8 ounces every 15 minutes until you have consumed the entire amount of the solution.
3. You should have completed the entire amount by **9:00 am**
4. DO take essential medications, especially blood pressure medications, with a small sip of water at least 4 hours before your scheduled procedure.
5. **Nothing at all by mouth after 9:00 am.**
6. Arrive at the facility no later than ONE hour prior to your scheduled procedure.
7. You **MUST** arrange transportation home. You cannot drive or take a taxi/public transportation.

Your colonoscopy is scheduled on:

Date: _____

Time: _____

Facility: _____

Questions about your prep?
Call us at (808) 440-6789

Clear liquids include:

1. Water
2. Gelatin (avoid red)
3. Crystal Light™
4. Gatorade™
5. Black coffee or tea, but do not add milk or cream
6. Sprite™
7. Broth

AVOID the following during the prep:

1. Milk
2. Orange Juice
3. Coffee or tea with cream or milk
4. Soup
5. Alcohol
6. Solid food

Other/Misc Instructions:

Tips For Drinking The Prep Solution:

1. If you become nauseated, take a 30 minute break from drinking the prep, then resume once the nausea subsides.
2. Drinking the prep chilled or over ice can help you tolerate it better. Using a drinking straw can be helpful as well