

# MIRALAX PREP for Colonoscopy

**You will need:** (4) Dulcolax tablets, 238 gram bottle of Miralax (over the counter)

**Instructions:**

- **5 days before procedure:** Do not stop Aspirin **Unless** instructed by your physician. Do not take any prescription blood thinners. Check with your nurse at the number below for instructions. **Also**, do not take Iron or fiber supplements such as Metamucil, or Fibercon.
- **48 hours before procedure** – NO fiber, NO salads, NO Raw fruits or vegetables & NO nuts.
- **Day before procedure:**
  1. Clear Liquids only- **NO SOLID FOODS**
  2. Drink at least three 8oz. portions of clear liquids during the day. You may drink more if desired.
  3. You can begin your prep any time after 11:00 am but before 3pm. Begin the prep by taking four Dulcolax tablets.
  4. Two hours later (after Dulcolax), mix the 238 gram bottle of Miralax in 64 ounces of clear liquid. Dissolve the mixture and drink 8 ounces every 20-30 minutes until solution is gone. If you begin to feel nauseated, slow down. **\*\*\*The important thing is to be able to hold down the total amount of liquid, regardless of how fast you drink it\*\*\***
  5. If possible drink 16-24oz's of clear liquids after prep is finished to stay hydrated.
- **Day of exam: NOTHING by mouth** unless otherwise instructed.
  1. If you take medication (i.e.-blood pressure, seizures, arrhythmia medication & thyroid medications), please take it with only a sip of water.
  2. **DO NOT** wear any jewelry or bring any valuables.
- **NOTHING by mouth after midnight the night before your test. DO Not** use smokeless tobacco, **DO NOT** chew gum or have mints/candy the morning of the procedure. **Failure to comply could result in cancellation of procedure.**
- **YOU MUST BRING A DRIVER WITH YOU AS YOU WILL BE SEDATED FOR THE PROCEDURE. IF NO ONE COMES WITH YOU TO DRIVE YOU HOME THE PROCEDURE CANNOT BE PERFORMED AND WILL HAVE TO BE RESCHEDULED. THE DRIVER WILL NEED TO STAY DURING OUR PROCEDURE. NO TAXI, BUS OR PUBLIC TRANSPORTATION (UNLESS YOU HAVE A FAMILY MEMBER/FRIEND WITH YOU IN THE VEHICLE.)**
- You will be here approximately 3 hours.
- No driving or operating machinery until the day after your procedure.
- Please give 48 hr. notice if possible if you wish to cancel or reschedule. If it is after hours and you need immediate assistance please call the medical exchange at (501) 663-6900

**CLEAR LIQUID DIET:**

Anything you can see through. **Avoid liquids colored red or purple.**

- |                     |               |
|---------------------|---------------|
| • Water             | • Tea         |
| • Gatorade          | • Soft drinks |
| • Clear fruit juice | • Kool-aid    |
| • White grape juice | • Popsicles   |
| • Apple juice       | • Jell-o      |
| • Lemonade          | • Bouillon    |
| • Black coffee      |               |

**DO NOT DRINK:** Milk, Milk products, fruit juice with pulp, vegetable juice, red or purple liquids.

**Any questions on the day of your procedure before 8am call the Endoscopy Center Number 501-221-5845**

**Any questions between 8am & 4:00pm - contact your Dr.'s nurse.**

\* Dr. Angtuaco (Nurse) 501-221-5824

\* Dr. Hughes (Nurse) 501-221-5881

\* Dr. McElreath (Nurse) 501-320-1668

\* Dr. Svoboda (Nurse) 501-223-4522

\* Dr. Coppola (Nurse) 501-223-4500

\* Dr. Jones (Nurse) 501-221-5822

\* Dr. Patel (Nurse) 501-320-1677

\* Dr. Williams (Nurse) 501-221-5851

**If you have a LIVING WILL, please bring it with you.**