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YOUR PROCEDURE MAY BE CANCELLED OR  
DELAYED IF INSTRUCTIONS NOT FOLLOWED.

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## **COLONOSCOPY PREPARATION (MIRALAX / GATORADE)**

The following measures must be adhered to permit an adequate examination.

**IF YOU ARE ON BLOOD THINNERS (XARELTO, ELIQUIS, COUMADIN, PLAVIX, HEPARIN, LOVENOX, PRADAXA, PLAVIX, BRILINTA) OR IF YOU ARE UNSURE- PLEASE NOTIFY THE SCHEDULER OR PHYSICIAN. IT MAY BE NECESSARY TO STOP THESE MEDICATIONS PRIOR TO THE PROCEDURE.**

Tylenol and Baby Aspirin are acceptable for use until the day of procedure.

### **PURCHASE AT THE PHARMACY**

- Four (4) 5mg Dulcolax (laxative) tablets
- 238 Gram bottle of MiraLax
- Two 28 oz. bottles of Gatorade, Powerade, or Propel (not red or purple)

Please Note: Individual responses to laxatives vary. This preparation may cause multiple bowel movements usually taking effect 30 minutes up to three hours after ingestion. Please remain within easy reach of restroom facilities.

### **ONE WEEK PRIOR TO PROCEDURE**

STOP taking IRON supplement one week prior to procedure.

Restricted residue diet – DO **NOT** EAT nuts, seeds, popcorn and corn. Discontinue fiber supplements including Metamucil, Citrucel, Benefiber, etc.

### **DAY BEFORE PROCEDURE**

**EAT/DRINK ONLY “CLEAR LIQUIDS” for breakfast, lunch, and dinner.**

DO **NOT** EAT/DRINK solid foods, milk products, alcohol, or anything colored red or purple.

“Clear liquids” acceptable for consumption are listed below:

- Soft Drinks (orange, ginger ale, cola, sprite and 7-up)
- Gatorade and Kool-Aid
- Strained fruit juices WITHOUT PULP (apple, white grape, lemonade)
- Water, tea, and coffee (NO milk products can be added including non-dairy creamer or honey)
- Clear broth (NO bone broth or bouillon)
- Hard candies
- Jell-O and Popsicles (again, avoid red and purple flavors)

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In addition to the “clear liquid” diet, the laxative preparation must be done the day before the exam. The following list is a step-by-step process which ensures proper use of the laxatives.

### **MORNING APPOINTMENT PROCEDURE**

1. At 3:00 P.M. take four (4) Dulcolax tablets
2. At 5:00 P.M. mix the 238 Gram bottle of MiraLax in 56 oz. of Gatorade and add 8 oz. water (or 8 more oz. of Gatorade). Shake until MiraLax is completely dissolved.
3. Drink an 8oz. glass every 10-15 minutes until **ALL** the solution is gone. (If you begin to feel nauseated or bloated you may spread out each 8oz. glass to every 30-45 minutes.)

### **AFTERNOON APPOINTMENT PROCEDURE (if your test is 12:00pm or later)**

1. At 3:00 P.M. take four (4) Dulcolax tablets
2. At 5:00 P.M. mix the 238 Gram bottle of MiraLax in 56oz. of Gatorade and add 8 oz. water (or 8 more oz. of Gatorade). Shake until MiraLax is completely dissolved.
3. Drink an 8oz. glass every 10-15 minutes until **HALF** the solution is gone. (If you begin to feel nauseated or bloated you may spread out each 8oz. glass to every 30-45 minutes.)
4. Early morning on day of procedure, drink remaining solution and **complete by five (5) hours prior to your procedure.**

### **DAY OF PROCEDURE**

1. **YOU MAY CONTINUE CLEAR LIQUID DIET UNTIL FIVE (5) HOURS BEFORE YOUR SCHEDULED PROCEDURE TIME.**
2. No gum or tobacco chewing, candy, or mints on morning of procedure.
3. Heart and blood pressure medications may be taken with a small sip of water up to 2 hours prior to your arrival time.

If your test is after 12PM (noon) you may take your morning dosage of medications as you normally would.

4. Do not take injectable insulin.
5. Do not take any oral diabetes medications (pills).
6. No marijuana use for 24 hours before procedure. Avoid smoking or vaping on day of procedure.
7. Do not plan on traveling the day/night of procedure. If any bleeding, pain or other symptoms occur it is imperative that the physician be notified immediately.
8. Report to: \_\_\_\_\_
9. Date / Arrival Time: \_\_\_\_\_
10. You must be accompanied by someone who can stay there as long as you are. This person must be able to drive you home after the exam.
11. **IF ANY QUESTIONS ABOUT THE PROCEDURE, PREPARATION OR YOU HAVE TO CANCEL THIS TEST, PLEASE CALL (248) 273-9930 EXT. 3034 OR EXT. 3036**