

COLONOSCOPY PREP INSTRUCTIONS WITH MIRALAX

DO NOT USE IF YOU ARE ALLERGIC TO POLYETHYLENE GLYCOL

CLEAR LIQUID DIET ON THE DAY BEFORE THE PROCEDURE.

YOU CAN HAVE JELLO, POPSICLES, BROTH, CLEAR JUICES ETC. USE WEBSITE FOR EXAMPLES. (www.dddconsultants.com) **AVOID RED & PURPLE COLORS AND DAIRY PRODUCTS. NO SOLID FOOD ON THE DAY BEFORE THE PROCEDURE.**

ON THE MORNING OF YOUR PROCEDURE, YOU **MUST** CONTINUE TO TAKE ALL YOUR PRESCRIPTION MEDICATIONS, USING SMALL SIPS OF WATER. WE DO NOT RECOMMEND STOPPING ASPIRIN OR PLAVIX FOR ENDOSCOPIC PROCEDURES. THE BLEEDING RISK IS SLIGHTLY HIGHER ON THESE MEDICATIONS, BUT STOPPING THESE COULD RESULT IN OTHER SERIOUS RISKS.

IF YOU CHOOSE TO STOP, IT HAS TO BE ONLY WITH PERMISSION FROM YOUR CARDIOLOGIST, NEUROLOGIST, OR INTERNIST. IF YOU ARE ON COUMADIN OR WARFARIN YOU WILL NEED TO MAKE AN OFFICE APPOINTMENT AND DISCUSS YOUR MEDICATION ADJUSTMENTS FOR THE PROCEDURE WITH THE DOCTOR.

PLEASE PURCHASE THESE PRODUCTS - OVER THE COUNTER

- A. **DULCOLAX Laxative (8) TABLETS.** (see image A. below)
- B. **MIRALAX SINGLE DOSE (14) PACKETS** (see image C. below) **(0.5 OZ /17 GM)**
OR ONE 238 GM BOTTLE. (see image B. below)

THE DAY BEFORE THE PROCEDURE, TAKE 3 DULCOLAX PILLS AT 9 A.M. AT 3.P.M. START DRINKING MIRALAX (1 PACKET or CAP FULL =17 GMS) MIXED IN 8 OZS OF WATER, ICED TEA OR CLEAR JUICE OF YOUR CHOICE. REPEAT A DOSE EVERY 30 MINUTES FOR A TOTAL OF 12 DOSES. TAKE 2 DULCOLAX PILLS WITH THE 12TH DOSE.

ON THE MORNING OF THE PROCEDURE

FINISH 2 DOSES OF MIRALAX 15 MINUTES APART ALONG WITH YOUR LAST 3 DULCOLAX TABLETS AT 5:00 A.M. **YOU SHOULD BE HAVING CLEAR WATERY BOWEL MOVEMENTS AT THE END OF THE PREPARATION.**

DIABETICS SHOULD HOLD INSULIN AND OTHER ORAL ANTI-DIABETIC MEDICATIONS ON THE MORNING OF THE PROCEDURE. YOU CAN RESUME YOUR DIET AFTER THE PROCEDURE. **TAKE ALL OTHER PRESCRIPTION MEDICINES WITH A SMALL SIP OF WATER ON THE DAY OF THE PROCEDURE.**

PREPARATION H OR TUCKS MEDICATED PADS COULD BE USED TO RELIEVE RECTAL DISCOMFORT CAUSED BY MULTIPLE TRIPS TO THE RESTROOM.



(A)



(B)



OR (C)