

## **DIGESTIVE MEDICINE ASSOCIATES, LLP**

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## **MIRALAX COLONOSCOPY INSTRUCTIONS**

### **FIVE (5) DAYS PRIOR TO THE PROCEDURE:**

- If you take medication for Pain & Arthritis, for example: Advil, Motrin, Naproxen, or any other medication containing Aspirin, Omega 3, Fishoil, or Anticoagulants such as: Coumadin, Pradaxa or Plavix, **STOP TAKING** them five (5) days prior to your procedure ONLY if instructed by the ordering physician.

### **DAY BEFORE PROCEDURE:**

Clear liquids diet **ONLY** all day for breakfast, lunch and dinner. Clear liquids include Apple/Grape Juice, Sprite, Gatorade, Chicken Broth, Jello (no red coloring) & Tea.

1. At 5:00 pm take (4) Dulcolax/bisacodyl tablets with water (5 mg each, buy over the counter)
2. At 6:00 pm MIX 1/2 bottle of 8.3oz (238gm) Miralax (polyethylene glycol 3350, Smoothlax, Clearlax) with 32 oz Gatorade bottle (white, yellow, or light blue)
3. Drink 1 (8oz) glass every 15 minutes. Total of 4 glasses. Drink each glass quickly rather than drinking small amount continuously. Be sure to drink ALL the solution. After drinking solution, Drink 2 more 8-ounce glasses of clear liquid every 15 minutes for total of 2 more glasses.
4. Do **NOT** take medication for Diabetes the night before or morning of the procedure.
5. If you are on Antihypertensive / Blood Pressure medication, you **SHOULD** continue to take them as usual with a sip of water.

### **DAY OF PROCEDURE:**

1. 4 HOURS before the procedure repeat steps 2 and 3 above. This is the other 1/2 of the Miralax bottle with another 32 ounces of Gatorade. And drink 2 more 8-ounce glasses of clear liquid every 15 minutes for total of 2 more glasses.
2. DO **NOT** EAT today. Only clear liquids up to 2 hours before the procedure.
3. If you are on Antihypertensive / Blood Pressure medication, you **SHOULD** continue to take them as usual with a sip of water the day of the procedure.