

## **MIRALAX PREP**

**IF YOU HAVE ANY QUESTIONS ABOUT THE PREP INSTRUCTIONS,  
PLEASE CALL OUR OFFICE 302-475-4900.**

Your procedure is scheduled on \_\_\_\_\_. Your report time is \_\_\_\_\_ at the **Wilmington Hospital, GI Lab**, 501 W. 14<sup>th</sup> Street, Wilmington, DE. Parking garage available.

**YOU MUST HAVE A RIDE AFTER THE PROCEDURE!** A responsible adult must accompany you to your procedure. A taxi, bus or driving a car by yourself is not permitted. Do not wear jewelry the day of your procedure. This includes earrings and other piercing, bracelets, watches, necklaces and rings.

### ***MIRALAX AND GATORADE PREPARATION***

- ✓ Take this prep only if instructed.
- ✓ Remember to drink plenty of fluids.
- ✓ Read the GENERAL GUIDELINES page.

### ***PURCHASE AT THE PHARMACY/GROCERY STORE***

- ✓ Two (2) 32oz. bottle of Gatorade/Gatorade Ice (NO RED COLORS). If you do not like Gatorade, you may use water, Propel, Sugar-free vitamin water, Crystal Lite, etc. If you are diabetic, please do not use Gatorade, use sugar-free clear liquids.
- ✓ One (1) box of six (6) Dulcolax (bisacodyl) tablets (**available over the counter**).
- ✓ Miralax 238 grams or two (2) 119 gram bottles. (**available over the counter**).

## **PREPARATION**

***ONE WEEK PRIOR TO YOUR PROCEDURE, PLEASE DISCONTINUE ALL ASPIRIN/ASPIRIN CONTAINING PRODUCTS. PATIENTS ON PLAVIX, COUMADIN OR WARFARIN, PLEASE CHECK WITH THE PRESCRIBING DOCTORS. YOU MAY USE TYLENOL FOR PAIN RELIEF AS NEEDED.***

***PLEASE AVOID VEGETABLES AND FRUITS 48 HOURS PRIOR TO YOUR PROCEDURE. AVOID ANYTHING WITH PULP AND NO CREAM OR DAIRY PRODUCTS.***

***REMEMBER TO HAVE CLEAR LIQUIDS THE ENTIRE DAY BEFORE THE PROCEDURE. YOU CAN NOT HAVE ANYTHING SOLID TO EAT, (INCLUDING CHEWING GUM).***

This prep often works within 30 minutes, but may take as long as 3 hours. Remain close to toilet facilities as multiple bowel movements may occur.

## **THE CLEAR LIQUID DIET:**

- **START THE CLEAR LIQUID DIET AT 7:00AM THE DAY BEFORE YOUR PROCEDURE!!!**
- Clear liquid is liquid food you can **SEE THROUGH**. This includes fruit juices (apple, white grape, white cranberry, etc.), Sprite, 7-Up, Ginger Ale, water, Jell-O, clear broth or bouillon, tea, black coffee. You may also have frozen popsicles (no red) and water ice (no red) and various sports drinks.
- Do not have dairy products to include creams and cheeses.
- Do not have any items with **RED DYE!!** (Red Jell-O, fruit punch, cranberry juice, etc.)
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## **SAMPLE CLEAR LIQUID DIET:**

**Breakfast:** One glass of clear juice, one cup of tea or coffee (black), a cup of Jell-O.

**Mid-Morning Snack:** Sports drink (Gatorade-orange, lemon-lime, watermelon, etc.)

**Lunch:** Bowl of clear broth, cup of Jell-O, glass of Ginger Ale or Sprite.

**Dinner:** One glass of clear juice, one bowl of clear bouillon, tea or coffee (black), cup of Jell-O.

## **THE PREP:**

Start at **3:00pm** the day **BEFORE** your procedure:

1. At **3:00pm** – Take 3 Dulcolax Tablets followed by 3 – 4 glasses of clear liquid. Mix Miralax with 64 oz of Gatorade (or clear liquid of choice.)
2. At **4:00pm** – Drink the Miralax mixture. Drink 1 glass every 15 minutes until you have finished the 64 oz. bottle.
3. At **8:00pm** – Take the other 3 Dulcolax Tablets followed by 4 more glasses of clear liquids prior to midnight.

***NOTHING TO EAT OR DRINK AFTER MIDNIGHT THE NIGHT BEFORE YOUR PROCEDURE. YOU MAY TAKE YOUR NORMAL MEDICATION(S) THE MORNING OF THE PROCEDURE WITH SMALL SIPS OF WATER.***

## **REMEMBER!**

- Abdominal bloating and cramping also with nausea and vomiting may occur. This is usually temporary and as you start to move your bowels, the symptoms should resolve.

## **GENERAL GUIDELINES OF A COLONOSCOPY**

A *colonoscopy* is a test that examines the inside of your large intestines or the colon. The most common reason for a colonoscopy is to look for colon polyps or colon cancer. Before a colonoscopy can be performed, you must be completely empty for the colonoscopy to be thorough and safe. While a colonoscopy is generally safe, risks include bleeding, perforation (puncture in the bowel of the colon) and risk of sedation. A colonoscopy is the best method (95%) to find and remove polyps.

Our doctors and staff will instruct you on which preparation to take. The prep you receive depends on your medical condition as well as which medications you are currently taking.

**Please inform us before you schedule the procedure if you have any of the following:**

- ✓ Have an internal defibrillator
- ✓ Latex allergy
- ✓ Take Coumadin, Warfarin or Plavix
- ✓ Are on home oxygen

**Please inform us before you schedule the procedure if you take any of the following medication:**

- ✓ Aspirin, Bufferin, Ecotrin, Alleve, Naproxyn, Motrin, Ibuprofen, Sulindac or any other nonsteroidal (NSAID) drug
- ✓ Plavix
- ✓ Coumadin or Warfarin (check with your Cardiologist)
- ✓ All Iron containing medications

If you are diabetic:

- ✓ Hold your diabetic medication the morning of the test.
- ✓ If you take insulin, take ½ of your normal dose the night before and ½ of your normal dose in the morning of the procedure.
- ✓ Use sugar free drinks for liquids (like Crystal Light) during the prep (to avoid increase in blood sugar) and monitor your blood sugar closely to prevent low blood sugar.