



# Standard Miralax Colonoscopy Preparation Instructions

APPOINTMENT DATE: \_\_\_\_\_

ARRIVAL TIME: \_\_\_\_\_

## Items to Purchase

- Three Dulcolax (Bisacodyl) 5mg oral laxative tablets
- One 238 gram bottle of Miralax powder (polyethylene glycol 3350)
- One 119 gram bottle of Miralax powder (polyethylene glycol 3350)
- Your choice of one of the following drink solutions:
  - Physician preferred option: Three 1-liter bottles of pre-mixed Hydralyte (orange or lemonade flavored) or Hydralyte powdered drink mix with 96 ounces of water (orange or lemonade flavored) (view [hydralyte.com/where-to-buy](http://hydralyte.com/where-to-buy) for retailers)
  - Option 2: One 64-ounce bottle and one 32-ounce bottle of pre-mixed Gatorade or three 32-ounce bottles of pre-mixed Gatorade (NO red)
  - Option 3: Crystal Light powdered drink mix with 96 ounces of water (NO red)

## Reminders

- **Transportation:** Due to the sedation you will receive, someone at least 18 years of age **MUST** bring you to your appointment, remain in the waiting area during the entire time of your procedure, and drive you home afterwards. A taxi or bus is **NOT** an acceptable form of transportation. **Failure to arrange proper transportation may result in your procedure being rescheduled.**
- **Appointment Time:** Your arrival time is 45 minutes prior to your appointment time. This allows time for check-in, health history review, and pre-procedure evaluation. **Please be aware that we may contact you in the days leading up to your procedure, as your arrival time may be subject to change.**
- Please follow these instructions carefully, as **improper preparation may result in your procedure being rescheduled.**
- Contact our office at **(336) 448-2427 (option 6, then option 2)** if you have any questions about your prep or if there are any changes in your medical history between the day of scheduling and the appointment date.
- Please leave all jewelry and valuables at home, as we do not provide a secure area for these items.

## Medications

- Take any necessary medications at least **4 hours prior** to your arrival time.
- **Diabetes:** Contact the prescribing physician regarding instructions for injectable diabetic medication the day before and the day of the procedure. **DO NOT TAKE oral** diabetic medication the day of the procedure.
- **Blood Pressure:** **DO NOT SKIP** any doses of your blood pressure medication.
- **Iron:** **STOP** taking iron 5 days before your procedure.
- **Inhalers and Nebulizers:** May be used up to the time of your procedure.
- **Blood Thinners:** Please contact the prescribing physician to make sure it is okay to stop these medications for the recommended number of days prior to your procedure. If you are on a blood thinner that is not listed below, please contact the prescribing physician for instructions. You may remain on aspirin unless otherwise instructed.

Xarelto	24-48 hours	Pletal / Persantine	2 days	Aggrenox / Plavix	5 - 7 days
Eliquis	48 hours	Brilinta / Coumadin / Jantoven	5 days	Effient	7 days

## 2 Days Before Procedure

- ✓ Eat a well-balanced diet. Avoid nuts, seeds, popcorn, raw fruits and vegetables and salads.

## Day Before Procedure

- ✓ Begin a clear liquid diet. **DO NOT consume anything red in color OR dairy products.**  
Clear liquids may include water, soft drinks, coffee or tea without cream, popsicles, broth/bouillon, Jell-O, non-pulpy juice, etc.
- ✓ Mix **both** bottles of the Miralax powder (totaling 357 grams) into the drink solution until dissolved. Chill in the refrigerator.
- ✓ **3:00 pm:** Take two (2) Dulcolax 5mg tablets with water.
- ✓ **5:00 pm:** Begin drinking 8oz of the Miralax solution every 15-30 minutes until three fourths (3/4) or approximately 72 oz. of the solution is gone.
  - If you become nauseated, stop for 45 minutes then resume. Do not try to consume the solution too quickly.
  - If you become chilled, try drinking the solution at room temperature or you may drink heated broth, tea, or coffee.

## Day of Procedure

- ✓ Continue a clear liquid diet.
- ✓ **6 hours prior to arrival time:** Take one Dulcolax 5mg oral tablet and drink the remainder of the Miralax solution over the next two hours.
- ✓ **4 hours prior to arrival time:** Take any necessary medications. You should be finished drinking the Miralax solution.
- ✓ **ABSOLUTELY NOTHING ELSE BY MOUTH AFTER THIS TIME!** (This includes water.)