



Extensive: Colyte & Miralax
Colonoscopy Preparation Instructions
(Safe for patients with a history of renal failure)

APPOINTMENT DATE: _____

ARRIVAL TIME: _____

Items to Purchase

- One gallon of Colyte (prescription)
- One 238 gram bottle of Miralax powder AND One 119 gram bottle of Miralax powder
- Your choice of one of the following drink solutions:
 - Physician preferred option: One 1-liter bottle of pre-mixed Hydralyte (orange or lemonade flavored) or Hydralyte powdered drink mix with 32 ounces of water (orange or lemonade flavored) (view hydralyte.com/where-to-buy for retailers)
 - Option 2: 32 ounces of pre-mixed Gatorade (NO red) or Gatorade powdered drink mix with 32 ounces of water (NO red)
 - Option 3: Crystal Light powdered drink mix with 32 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.**
- 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 questions about your prep or if there are any changes in your medical history between the day of scheduling and the appointment date.
- We require a notice of 2 business days if there is a need for change or cancellation of your procedure.
- 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

5 Days Before Procedure

- ✓ Using the larger bottle of Miralax, begin taking 17 grams twice (2x) daily. (17 grams = a capful)

4 Days Before Procedure

- ✓ Continue taking 17 grams of Miralax twice (2x) daily. (17 grams = a capful)

3 Days Before Procedure

- ✓ **Begin a low residue diet, avoiding high-fiber foods such as whole grains, nuts, seeds, raw or dried vegetables and fruits, etc.**
- ✓ Continue taking 17 grams of Miralax twice (2x) daily. (17 grams = a capful)

2 Days Before Procedure

- ✓ **5:00pm:** Mix the 119 gram bottle of Miralax into the 32 ounces/1 liter of drink solution and drink the full amount.

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.
- ✓ Take two (2) doses of 17 grams of Miralax throughout the day. (17 grams = a capful)
- ✓ Mix the gallon of Colyte and chill in the refrigerator until time to begin the prep.
- ✓ **4:00 pm:** Begin drinking 8oz of Colyte every 15-30 minutes until one half (1/2) of the solution is gone.
If you become nauseated, stop for 45 minutes then resume.

Day of Procedure

- ✓ Continue a clear liquid diet.
- ✓ **6 hours prior to arrival time:** Over the next two hours, drink the remaining half of the Colyte solution.
- ✓ **4 hours prior to arrival time:** Take any necessary medications. You should be finished drinking the Colyte solution.
ABSOLUTELY NOTHING ELSE BY MOUTH AFTER THIS TIME! (This includes water.)