

Appointment Date \_\_\_\_\_

AM MIRALAX

Arrival Time \_\_\_\_\_

The following instructions are your Doctor's specific directions. Please follow the directions carefully.

**\*\* 10 DAYS BEFORE THE PROCEDURE:** Please contact your Primary Care Doctor or Cardiologist for specific instructions regarding stopping your blood/platelet thinner. If you are unable to stop your blood thinner, please call our office and speak with a nurse. (Warfarin/Coumadin/Jantoven, Pradaxa/Dabigatran, Xarelto/Rivaroxaban, Eliquis/Apixaban, Pletal/Cilostazol, Plavix/Clopidogrel, Effient/Prasurgrel, Brillinta/Ticagrelor, Savaysa/Edoxaban, or Aggrenox/Dipyridamole. If your specific medical condition allows, it is safest if performed off these medications.

**If you are on INSULIN, please contact your Primary Care Doctor or Endocrinologist for further instructions regarding insulin and clear liquid diet.**

**Continue taking your daily Aspirin** as prescribed/recommended by your primary care physician.

**4 DAYS BEFORE THE PROCEDURE:** Stop taking iron tablets, fish oil, multivitamins that contain iron, Metamucil or any other bulk fiber.



**THE DAY BEFORE THE PROCEDURE: YOU MUST BE ON A CLEAR LIQUID DIET. YOU MAY HAVE NO SOLID FOODS OR DAIRY PRODUCTS/NON DAIRY CREAMER UNTIL YOUR PROCEDURE IS COMPLETE.**

Tea and Coffee	Clear Juices	Powdered Lemonade	Vitamin Water	Carbonated
	Such as apple or White grape juice 			
NO DAIRY or Non Dairy Creamer	NO NO RED, ORANGE PURPLE	NO PULP	NO RED, ORANGE OR PURPLE	

Sports Drinks	Popsicles	Jell-O	Broths/ Coconut Water	Honey/Sugar
	 WITHOUT MILK OR ADDED FRUIT			
NO RED, ORANGE OR PURPLE	NO RED, ORANGE OR PURPLE	NO RED, ORANGE OR PURPLE		

**Prep Day: The day before your procedure** No solid foods until after your procedure is complete. Drink plenty of water throughout the day to avoid dehydration.

1

**1:00 PM** the day prior to your procedure

Pour the 64 oz. (1/2 gallon) of Gatorade into a pitcher and chill in the refrigerator.

\*You may use 64 oz. Of Propel Water if you require a sugar free solution



2

**3:00 PM** the day prior to your procedure

Take 4 (5mg) Dulcolax laxative tablets with an 8 oz glass of water.



3

**5:00 PM** the evening prior to your procedure

Mix together the **ENTIRE BOTTLE** (8.3oz/238g) of Miralax with **64 oz.** of chilled Gatorade/Propel.



4

**5:00 PM** the evening prior to your procedure

Drink an 8 oz. glass of the solution every 15 minutes until you have finished drinking **HALF OF THE MIXTURE (32 oz.)**.



5

**After 9:00 PM** the evening prior to your procedure

Drink an 8 oz. glass of the solution every 15 minutes until you have finished drinking The **REMAINDER OF THE MIXTURE (32 oz.)**.

Drink an additional 16 oz. of **CLEAR** liquids through the rest of the evening.

**CLEAR LIQUIDS MUST BE LIMITED TO NO MORE THAN 6 OZ. AFTER MIDNIGHT UNTIL FOUR HOURS PRIOR TO YOUR SCHEDULED PROCEDURE.**



Diarrhea usually begins within an hour or two but may vary. You may notice some cramping at the beginning, but this will improve once the diarrhea begins. Diarrhea usually continues for 1-2 hours after completing the MiraLAX. Stay close to a bathroom once you start the prep. You may use non-alcohol wipes to cleanse after each bowel movement, and a barrier cream such as A & D ointment for chaffing.

**HOLD METFORMIN 12 HOURS PRIOR TO YOUR PROCEDURE**



### MIRALAX AM PREP

**No more than 6 oz** of clear liquid, but **NOTHING 4 hours** prior to test.  
Example: 10 am Procedure = 6 ounces must be consumed before 6 am.  
If these directions are not followed, **your procedure may be cancelled** by anesthesia.

**THE DAY OF THE PROCEDURE: DO NOT EAT ANY SOLID FOOD AFTER MIDNIGHT PRIOR TO YOUR PROCEDURE. NO SMOKING, E-CIGS OR CHEWING TOBACCO THE DAY OF THE PROCEDURE.**

### **4 HOURS PRIOR TO YOUR PROCEDURE- TAKE 1 SIMETHICONE TABLET 80- 125 MG**

- NOTHING IN YOUR MOUTH 4 HOURS PRIOR TO PROCEDURE. THIS INCLUDES WATER. GUM, MINTS, AND COUGH DROPS.
- You should take your morning medications with a small sip of water - with the **exception** of Metformin and anticoagulants.
- If you are on INSULIN, we ask that you hold your morning dose the day of the procedure.
- You may brush your teeth.

### **WHAT TO BRING WITH YOU**

- Please don't forget to bring your completed paperwork, insurance cards, copayment or any deductible due at time of service.
- If you do not use our patient portal website, please bring a list of all medications you are currently taking (this includes over the counter medications, herbs and vitamins).
- Bring your driver's license or photo ID.
- Wear comfortable, loose fitting clothing. Wear flat shoes or tennis shoes
- **Do NOT wear jewelry or bring large amounts of cash with you.**

**YOU MUST BE ACCOMPANIED BY A FRIEND OR RELATIVE THAT IS OF LEGAL AGE (18 YEARS OR OLDER) TO DRIVE YOU HOME. YOUR DRIVER MUST CHECK IN WITH YOU AND STAY IN THE BUILDING UNTIL YOU'RE DISCHARGED. YOU MAY NOT DRIVE, GO HOME BY UBER, TAXI OR TRANSPORTATION BUS. IF YOU DO NOT HAVE A DRIVER OF LEGAL AGE, YOUR PROCEDURE MAY BE CANCELLED.**

**If you are unable to keep this appointment, please give 48 hours' notice.**

**If you have any questions or concerns about the preparation, please contact Your Patient Advisor by calling 800-349-0285 or 816-478-4887**

### **Shopping List: All items are over the counter**

1. 64 ounces of Gatorade or Propel – No Red, Orange or Purple.
2. 1 Bottle of MiraLAX Powder – 238 gram/8.3 ounces.
3. Four 5 mg Dulcolax (Bisacodyl) tablets – Laxative not stool softeners.
4. Simethicone 80-125 mg. tablet

## Bowel Prep Frequently Asked Questions

### What is a clear stool?

A clear stool can have a slight tint of light yellow to dark yellow. It will be completely transparent and will not contain any solid matter.

### I am not having bowel movements, what should I do?

Bowel movements can take up to 5-6 hours after beginning the prep to start. Be patient, continue to drink liquids. If you have not had a bowel movement by midnight the night prior to your procedure, you will need to reach the on call physician for further instructions.

### The prep is making me nauseous, what should I do?

If you develop nausea or vomiting, **slow down** the rate at which you drink the solution or **stop** for 30 minutes. The nausea usually subsides when the bowels start moving. Please attempt to drink all the laxative solution **even if it takes you longer**. If vomiting persists, or you are not able to finish the preparation, stop the preparation and call your physician's office for further instructions.

### What are some high fiber foods I should avoid?

Raw fruits and vegetables are typically high in fiber, as well as nuts, seeds, whole grain breads and beans and lentils.

### What are some good options for low fiber foods?

Choose white bread and white rice for lower fiber options, as well as pastas made with white flour. Chicken, fish, dairy and eggs are also low in fiber and good choices for foods 4 days before you begin your prep.

### If I eat popcorn or seeds 3 days before my procedure do, I need to reschedule?

You will not need to reschedule your procedure; however, the seeds or nuts may cause a difficulty in screening and require a need for rescreening. If you have eaten a large amount of seeds or nuts, you may want to contact the nurse or physician.

### Can I drink ALCOHOL on the liquid diet?

Alcohol is not allowed as part of the liquid diet.

### Can I continue to be on the liquid diet after I begin consuming the laxatives?

Yes, you may continue the liquid diet until you are directed to discontinue anything by mouth, which is typically 4-6 hours prior to the procedure.

### Why do I have to wake up so early for the 2<sup>nd</sup> dose, can't I take it all the night before?

A split prep has proven to be the most effective for a successful colonoscopy. It is essential that you follow the directions provided with your prep medications.

### If I weigh under 100 pounds do, I need to take all the prep?

The liquid amount is not weight dependent. It is important to finish the prep for a successful colonoscopy.