

Eastside Endoscopy Center
Preparation Instructions for Colonoscopy - MiraLax

5 days before your Colonoscopy	2 days before your Colonoscopy	The day before your Colonoscopy	The day of your Colonoscopy
<p>Read all prep instructions. No aspirin or aspirin-like products (Motrin, Aleve, etc.) 5 days prior to the test. Tylenol or Extra Strength Tylenol is okay to use.</p>		<p>NO SOLID FOOD NO ALCOHOL Clear liquids ALL DAY - Avoid anything red or purple in color. No dairy products or non-dairy creamer, this includes Ensure. *Clear broth (i.e. chicken, beef, vegetable) *Water *Pop (including Pepsi, Coke, Vernors, etc.) *Popsicles or Fruit Ices *Gatorade *Coffee or Tea (sugar or substitute is OK, NO cream) *Jello *Fruit Juices (pulp free only, i.e. orange, apple)</p>	<p>NO SOLID FOOD NO ALCOHOL • Please take only _____ _____ the morning of the test.</p>
<p>Contact prescribing physician for instructions on Insulin and diabetic medications.</p>	<p>Obtain bowel prep products from your pharmacy. One 8.3 oz bottle of Miralax and 4 Dulcolax 5mg (biscodyl) tablets. Two 32 ounce bottles of Gatorade, any flavor. Not red or purple in color.</p>	<ul style="list-style-type: none"> • Mix 1/2 of the MiraLax 8.3oz/238 gram bottle in EACH 32 ounce Gatorade bottle until dissolved and keep cold in the refrigerator. • 4PM Take four 5mg Dulcolax tablets with water and continue clear liquids. • 6PM Begin drinking the Gatorade/MiraLax solution at a rate of 8 ounces every 15-30 minutes (over 1 - 2 hours) until the first bottle is gone. • You are encouraged to continue to drink clear liquids until you go to bed. 	<ul style="list-style-type: none"> • 5-6 hours before the time your procedure is scheduled, take the second 32 ounce bottle of Gatorade/MiraLax solution at a rate of 8 ounces every 15-30 minutes until gone. • If your procedure is scheduled early in the morning, you will need to get up in the night to take this dose of preparation. The correct timing of this dose is essential to an effective preparation. • You may, and should, drink clear liquids until 4 hours prior to the procedure time. Have nothing to drink for 4 hours prior to the procedure.
<p>Discontinue the following medications _____ _____ _____</p>	<p>Stop iron supplements 2 days before your test.</p>		<p>After the procedure you may eat your usual diet unless otherwise instructed. Drink 8 ounces of liquid at least 6 times after the procedure and before retiring for the night.</p>
<p>Arrange for a driver for your procedure.</p>	<p>Confirm that you have a driver to take you home after your procedure.</p>	<p>You may apply a petroleum based product or diaper rash ointment to the rectal area if you experience discomfort from frequent stools.</p>	<p>Your driver must remain in the waiting room during your procedure.</p>
<p>SPECIAL INSTRUCTIONS: _____</p>			
<p>NOTE: you must take BOTH 32 ounce bottles of the Gatorade/MiraLax solution as directed to clean your bowel adequately.</p>			
<p>If you are passing clear liquid you must still take the entire dose the day before the exam.</p>			
<p>If you think the prep is not working, please call the Answering Service at 586-693-3876.</p>			