

MIRALAX COLONOSCOPY PREPARATION

Has an appointment time and date of _____ Arrival time: Staff will call few days prior to procedure.

Location: Henry Ford Brownstown

Obtain the following from the drug store / pharmacy:

1. 1. Purchase 4 Dulcolax (bisacodyl) 5 mg tablets
2. 2. One 238 or 255 gm bottle of Miralax (glycolax or poly glycol 3350)
3. 3. One 64 oz bottle of Gatorade (no red or purple)

DO NOT FOLLOW DIRECTIONS ON MIRALAX BOTTLE FOLLOW DIRECTIONS BELOW

ONE WEEK BEFORE COLONOSCOPY

1. 1. NO PLAVIX, ASPIRIN, IBUPROFEN (Motrin, Advil, Naprosyn), VITAMIN E, FISH OIL, Tylenol is okay. Exception: if you have cardiac stents, do not stop your aspirin.
2. 2. If you are on COUMADIN or any other blood thinner it will need to be held for 5 days prior to colonoscopy. Please check with your primary care doctor prior to stopping your medication.

DAY BEFORE COLONOSCOPY

1. 1. Clear liquids only, no solid food, no milk products, no alcohol
** Clear liquids include pulp free juices, popsicles, Jell-O, Gatorade, pop, water, clear broth, bouillon, coffee or tea. Please limit caffeine intake to 2 cups. Avoid red or purple beverages.
1. 2. It is very important to drink lots of fluids throughout the day. Recommend 8 oz glass every hour.
2. 3. At 1 pm: take 2 Dulcolax tablets with a glass of water.
3. 4. At 3 pm: mix all of the Miralax powder and 64 oz of Gatorade. Drink one 8 oz glass every 15 - 20 minutes until gone. This may take approximately 2 -3 hours to complete.
4. 5. At 7 pm: take 2 Dulcolax tablets with a glass of water.

DAY OF COLONOSCOPY

1. 1. Nothing to drink 2 hours prior to your arrival time.
2. 2. Please take your blood pressure pills or heart pills with a sip of water in the morning.
3. 3. Please leave all jewelry at home.

IMPORTANT POINTS

1. 1. You must be accompanied by a driver; you will not be allowed to drive. Your driver must stay in the building until you are discharged. If they leave, your colonoscopy will be cancelled.
2. 2. If you are on insulin, your dosage will be adjusted by the nurse.
3. 3. Bring your ID and insurance card.