

Dr. R. Steven Jones MIRALAX PREP for a Colonoscopy

You will need to purchase: *A small box of Dulcolax Laxative Tablets and a **238 gram bottle of Miralax (both are available over the counter, no prescription is required)

Important Things to Know:

- 1) **5 days before the procedure DO NOT TAKE:** Warfarin(Coumadin), Aggrenox, Plavix, Effient, Iron or Iron containing supplements, Vitamin E or Vitamin E containing supplements, or any medications that are considered blood thinners. **Please call your cardiologist to get clearance before holding your blood thinners. 24 hours before the procedure DO NOT TAKE:** Fiber supplements such as Metamucil, Konsyl, Fibersure, Benefiber or Fibercon.
- 2) **If you have a living will or advance directive please bring a copy with you on the day of your procedure. If you do not have one please disregard. It is required that a copy be placed in your chart, only if available.**
- 3) **If your morning medications include prescriptions for blood pressure, seizures or heart problems it is recommended that you take them with only a sip of water first thing in the morning on the day of the procedure otherwise please wait to take all other morning medications until after your procedure. If you have any chronic medical conditions that require continuous medications, please ask your Dr. before stopping these medications.**
- 4) **You must bring a driver with you. All patients are sedated, so if you do not have a driver the procedure cannot be performed and will be rescheduled. The person that comes with you is required to stay at LRDC during your procedure. No Public Transportation allowed this includes taxies, medicaid and/or public transport (unless you have a family member/friend that is going to ride with you).**
- 5) **Colon preparation affects everyone differently so you may want to bring an extra set of clothes and a towel with you in case of accidents especially if traveling a long distance. Wear comfortable clothing.**

Preparation Instructions

2 days before the procedure begin a clear liquid diet at 6PM, a light dinner is recommended.

The Day Before the procedure

- 1) **Clear Liquids only, NO SOLID FOODS**
- 2) **Drink at least three 8oz. portions of clear liquids during the day before your prep. You may drink more if desired.**
- 3) *** At 1:00 no later than 3:00 pm take (4) Dulcolax Tablets with 8 ounces of any clear liquid.**
- 4) ****At 3:00 no later than 5:00 pm mix the 238 gram bottle of Miralax in 64 ounces of clear liquids. Dissolve the mixture and drink 8 ounces every 15 – 30 minutes as tolerated until all of the solution is gone or you are passing clear stool. Miralax is best mixed with water or a drink that isn't high in sugar, DO NOT mix it with anything that is very sweet as it could cause nausea and/or vomiting.**
- 5) **DO NOT eat or drink anything after midnight. The day of your colonoscopy DO NOT eat or drink anything until after your procedure, unless you have necessary medications to take (these may be taken with a sip of water).**

After your procedure you may go back to your normal diet.

Clear Liquids Diet

Clear liquids are any liquid that you can see through.

Avoid liquids that are colored Red or Purple

Water	Apple Juice	Gatorade/Powerade
Soft Drinks (any kind)	Popsicles	Kool-Aid
Clear Fruit Juice	Jell-O	
White Grape Juice	Tea (can add sugar or sweetener)	
Lemonade	Boullion Cubes dissolved in water	
Black Coffee (can add sugar or sweetener)		

DO NOT DRINK

Milk or Milk Products
Vegetable Juices
Fruit Juices with Pulp

You may call 501-221-5822 and the nurse will address any questions or concerns that you may have, if it is before 8:00 please call the Endoscopy front desk at 501-221-5845. Please give 48 hr. notice if possible if you wish to cancel or r/s.