

## MIRALAX PREPARATION INSTRUCTIONS FOR COLONOSCOPY

You will need to purchase at the pharmacy: 4 **Dulcolax** tablets, a 238 gram bottle of **Miralax** and a 64oz bottle of Gatorade or water (any color except red, orange or purple)

**ONE WEEK** prior to procedure - do not take any blood thinners or anti-inflammatory medications such as motrin, ibuprofen, advil, aleve, naproxen, or aspirin. For any aches or pains, tylenol is the medication of choice. Stop all herbal supplements and vitamins for one week prior to your procedure. If you are on a medication named **PLAVIX**, please call Dr. Schloff at 616-393-8100 to discuss whether you should stay on or stop this medication.

**FOUR DAYS** prior to procedure, stop coumadin (warfarin) unless otherwise directed by Dr. Schloff or your prescribing doctor.

**ONE DAY** Prior to the Procedure: Begin a clear liquid diet the day prior to your procedure.

**AFTERNOON PRIOR:** Follow the instructions below the afternoon prior to your procedure:

1. At 3pm take 2 Dulcolax tablets.
2. At 5pm mix the 238 gram bottle of Miralax in 64oz. of Water, Gatorade, Propel water or any clear/see-through liquid. Shake the solution until the Miralax is dissolved. Drink an 8oz glass every 10-15 minutes until solution is entirely gone. **If you become nauseous, please slow down or stop the preparation until your nausea goes away or improves.**
3. At 8pm or after the Miralax is finished, take the last 2 Dulcolax tablets.
4. Continue drinking clear liquids until bedtime.

**Day of Procedure:**

1. Take your routine medications, such as blood pressure and heart medications, with a sip of water the morning of your procedure. If your procedure is in the afternoon, you may have clear liquids until 4 hours before your appointment.
2. A responsible person must arrive with you and stay with you the entire time you are having your procedure. **You may not drive or work for the rest of the day after your procedure.**
3. Your doctor will speak with you and your driver after the procedure.

Clear liquids allowed:

Water, clear fruit juices, (apple, grape, cranberry) bullion, plain jello. No solid food, milk or milk products

If you have any questions before your procedure or after you are at home please call the doctors office (616) 393-8100.