



Colonoscopy with Miralax Prep

Procedure Date: _____ **Arrival Time:** _____ **Procedure Time:** _____ **Physician:** Randy Pardue, MD

Location: 280 Ft Sanders West Blvd, Building 4, Suite 101, Knoxville, TN 37922 **Phone:** 865-539-0270

YOUR BOWEL PREP IS EXTREMELY IMPORTANT! PLEASE READ INSTRUCTIONS CAREFULLY.

1 WEEK PRIOR	2 & 3 DAYS PRIOR	1 DAY PRIOR	PROCEDURE DAY
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◇ **Purchase the following:**

- Dulcolax (Laxative) Four tablets (no prescription necessary)
- Miralax (or generic equivalent) – One 238G bottle (no prescription necessary)
- Gatorade, PowerAde or Coconut water or any electrolyte replacement drink – 64 oz bottle to mix with Miralax – **DO NOT purchase red, blue, or purple colored drinks.**
- Additional fluid such as Gatorade or similar product – 64 oz to drink in addition to Miralax mixture.
- Tuck pads or Vaseline. There are used to protect the anal area, especially if you have hemorrhoids.

◇ **STOP taking:**

- ALL blood thinners (Warfarin, Coumadin, Plavix, Lovenox, Pradaxa, Savaysa, Xarelto, Eliquis, Mobic, Celebrex, Brillinta)**
- Aspirin products (Advil, Naproxen, Ibuprofen, Aleve, etc). Tylenol is permitted.**
- Call office if unsure about medications to stop**
- ◇ **Last chance to cancel your appointment**

3 Days Prior:

- ◇Begin low fiber diet

STOP eating whole grain breads, crackers, seeds, corn, beans, raw vegetables, or fresh fruit

2 Days Prior:

- ◇**Mix and Chill Miralax mixture**
- Mix 238g of Miralax with 64oz of Gatorade, PowerAde, or Coconut water electrolyte replacement drink.
- CHILL mixture

- ◇DRINK, throughout the day
- At least 8 glasses (64oz) of fluid, such as Gatorade or similar, not plain water.

- This is in addition to the Miralax mixture that will start at 5:00pm

◇**BREAKFAST & LUNCH**

Consume clear liquid meals:

- Clear liquids including, water, tea, black coffee, clear soda, apple juice, gelatin, popsicles
- Do not use creamer, milk, lactose products, red, blue, or purple colored products

◇**3:00-6:00pm (suggested time):**

- Take 4 tablets Dulcolax by mouth. Effects will take 2-3 hrs to start.
- Frequent laxative users start with double the usual effective dose.

◇**5:00-8:00pm (at least 2 hrs after):**

- TWO HOURS after taking Dulcolax, start drinking the Miralax mixture.
- Drink 8oz every 10-15 minutes until solution is gone. Bloating, chills and/or nausea are common due to the large volume of fluid ingested. This is temporary and improves once bowel movements begin (generally within 1-2 hrs, but up to 4 hrs).
- Be patient and remember to stay close to a bathroom. Tucks/baby wipes, and petroleum jelly may help with irritation.

- ◇Wear a short-sleeved shirt and slip on type shoes to your appointment.

- ◇**NOTHING BY MOUTH** after 4am for the 8:00, 8:30 or 9:00 am procedure.

- ◇**NOTHING BY MOUTH** after 7am for the 11:30 or 12:00 procedure.

- ◇Medications – You may take your essential medication with sips of water.

- ◇Diabetics: Do not take your pills until after the colonoscopy. If you are on insulin, take ½ the usual NPH and no regular insulin. Take remaining doses after the procedure.

◇Following the Procedure:

- Start off with bland, light food. Soup, sandwiches, and starches are fine.
- Heavy foods, such as red meat, fried food or rich sauces can cause abdominal cramping, nausea and even vomiting.