

## Miralax Preparation for Colonoscopy

### Colonoscopy

Colonoscopy is a test that allows your doctor to look at the inner lining of your large intestine (rectum and colon). In order to achieve an accurate evaluation of your lower gastrointestinal (GI) tract, it is important that you properly prepare for the procedure. Doctors are able to obtain the clearest view of the bowel when it is flushed completely free of waste material. The thoroughness of this intestinal cleaning depends on you. Without your cooperation, the examination cannot accomplish its purpose and may have to be repeated.

**Procedure Date:** \_\_\_\_\_

**Check In Time:** \_\_\_\_\_

#### Location:

\_\_\_ **Medical Center of McKinney.**  
4500 Medical Center Drive,  
McKinney, TX 75069  
972-547-8000

#### \_\_\_ **Preston Crossing Endoscopy Center**

3500 Preston Rd, Suite 200,  
Plano, TX 75093  
972-985-2300

#### \_\_\_ **Texas Health Presbyterian Hospital Allen**

1105 Central Expressway North  
Allen, TX 75013  
972-747-1000

#### \_\_\_ **Methodist of McKinney**

8000 W. Eldorado Pkwy,  
McKinney, TX 75070  
972-569-2700

#### \_\_\_ **Baylor of McKinney**

5252, W. University Dr,  
Highway 380 at Lake Forest Drive  
McKinney, TX 75070  
469-764-1000

For directions visit  
[YaminiMaddalaMD.com/patient-information](http://YaminiMaddalaMD.com/patient-information)

### PURCHASE THESE OVER THE COUNTER LAXATIVES:

- GATORADE (64 ounces)** of lemonade or other clear Gatorade (two 32 oz. bottles)
- DULCOLAX 5mg tablets (four tablets)**
- MIRALAX BOTTLE 238 grams (over the counter only)**  
(See attached prescription, if a sample was not given).

### Five (5) Days before the Procedure:

- Do Not Drink Alcohol for (5) DAYS prior to your procedure.
- Do Not take any or ibuprofen products. Taking Tylenol (acetaminophen) is allowed.
- Stop taking anticoagulants or blood thinners such as: Coumadin, (Warfarin), Celebrex, NSAIDS and Plavix. *If necessary we will request Cardiac clearance*

### Day before Procedure: CLEAR LIQUIDS ONLY

- Follow a clear liquid diet throughout the day. Items include: water, clear juices without pulp (apple and white grape only), clear soda, chicken or beef broth, popsicles (no RED or PURPLE), Jell-O (no RED or PURPLE), tea, coffee, etc. If you are diabetic, drink regular (non-diet) liquids in moderation throughout the day and only take half your dose of diabetes meds(pills or insulin)
- Avoid **Food**, dairy products, Orange juice and anything that is red or purple.
- 9:00am:** Take 4 DUCOLAX tablets with water
- 12:00pm (noon):** Mix the entire bottle of MIRALAX into the 64 ounces of GATORADE. Shake the solution until fully dissolved. Drink an 8-ounce glass every 30 minutes for a total of 6 glasses. You will have 2 glasses left over that you will drink at 1:00 am the morning of your procedure. This is all you will have after midnight.
- DO NOT eat or drink anything after mid night.**

### Day Of Procedure:

- DO NOT eat or drink anything 4 hours prior to your procedure. **Except for any currently prescribed heart or blood pressure medications with a sip of water.**
- If you are diabetic: To avoid dangerously low blood sugar, **Do Not** take your diabetic medication (pills or insulin) the morning of your procedure. You can resume your diabetes medications after the procedure once you have eaten.
- Plan on being at the facility for approximately 2-3 hours.
- You must have someone drive you home after your procedure. You will be sedated for your colonoscopy and will be drowsy for several hours after the procedure. You may not drive or work for 12 hours after the procedure.

### **YOU WILL NOT BE ALLOWED TO DRIVE OR TAKE A CAB/BUS/UBER**

Please call the office within 48 hours to **Cancel or Reschedule** your procedure to avoid a \$50 charge. If you have any questions please call Leslie at 972-562-8383



*Digestive Health Associates*  
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