

## Miralax Preparation for Colonoscopy

Physician:

### 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: \_\_\_\_\_

#### Digestive Health Center of Allen

981 State Highway 121, Suite 2100, Allen, TX 75013  
214-383-8210

#### Methodist Craig Ranch Surgery Center

6045 Alma Rd Suite 100, McKinney, TX 75070  
469-907-1650

#### Baylor of McKinney

5252, W. University Dr, Highway 380 at Lake Forest Drive, McKinney, TX 75071  
469-764-1000

#### Medical Center of McKinney

4500 Medical Center Drive, McKinney, TX 75069  
972-547-8000

#### Medical City Surgery Center McKinney

4510 Medical Center Drive, Suite 150, McKinney, TX 75069  
972-547-1580

#### Texas Health Presbyterian Hospital Allen

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

### 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 6 hours prior to your procedure, 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 and ensure to arrive at the facility at least 1 hour before the scheduled procedure.
- 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

**YOU MUST HAVE SOMEONE DRIVE YOU HOME**  
**- No Taxi, Uber, Lyft or Bus!**

**IF A PRESCRIPTION IS SENT IN PLEASE PICK IT UP WITHIN 7 DAYS**

### **Medications:**

- Blood Pressure and Seizure Medication is ok to take on the day of your procedure.
- Diabetic Patients: You will need to take ½ of the dose of your diabetic medicine the day BEFORE the procedure.
- Patients on blood thinners: Stop Medication 5 days prior to the procedure (Plavix, Coumadin, Aggrenox, Heparin, etc.) No Aspirin, Advil, Motrin, Arthritis Medications, Fish Oil, or Iron (Tylenol is okay) 5 days prior to your procedure.
- **REMEMBER: The preparation is very important. An adequate clean out allows for the best evaluation of your entire colon. During the prep, using baby wipes may ease some of your discomfort.**

### **2 Days Before Procedure:**

- 2 days before your procedure you will be on a clear liquid diet.
- This includes dairy products, smoothies, protein shakes, pureed soups, as well as any clear liquids.
- At 5 PM Drink an entire bottle of MAGNESIUM CITRATE

Please call the office within 48 hours to **Cancel or Reschedule** your procedure to avoid a \$100 charge. If you have any questions please call Leslie at 469-697-5100