

## **COLONOSCOPY: MIRALAX SPLIT DOSE PREPARATION INSTRUCTIONS**

You have been scheduled for a Colonoscopy . **Please note that you are to arrive a half hour prior to your scheduled appointment Time.**

Being late for your procedure can result in delay or cancellation of your appointment.

PLEASE NOTIFY OUR OFFICE HOURS PRIOR TO YOUR PROCEDURE IF YOU NEED TO CHANGE OR CANCEL YOUR APPOINTMENT. THE TIME PERIOD WITHOUT PENALTY IS 72 HOURS. FAILURE TO DO SO MAY RESULT IN A \$100 CANCELLATION FEE!

**SOMEONE MUST COME INTO THE OFFICE TO SIGN YOU OUT AND DRIVE YOU HOME. THIS DOES NOT INCLUDE A CAB/UBER DRIVER. YOU CANNOT DRIVE UNTIL THE NEXT MORNING**

### **IMPORTANT MEDICATION INSTRUCTIONS:**

**TEN Days Prior to your Procedure:** Discontinue all vitamins, Iron supplements, fish oils, and any over-the counter supplements. Discontinue Non-steroidal anti-inflammatory medication such as Motrin, Aleve, Advil, Ibuprofen, and medications containing aspirin.

**SEVEN days prior to your procedure:** Discontinue any weight loss medications such as Ozempic, Wegovy, or Trulicity.

If you are on diabetic medication, please contact the physician who prescribes and monitors your diabetic medication for any special instructions.

If you are taking blood thinning medication(s), or Aspirin has been recommended by your physician, you must call you physician who manages the medication(s) and ask whether you can stop them and when. If your do not have that information, we may not be able to obtain biopsies or remove polyps during your procedure.

Please inform our office if you are taking any seizure medication. If you use and inhaler, even if it is not on a daily basis, please bring the inhaler with you.

**FIVE days before your procedure:** REFRAIN FROM EATING ANY TYPE OF SEEDS OR NUTS. FAILURE TO DO SO CAN RESULT IN INADEQUATE BOWEL CLEANSING, AND THE NEED TO REPEAT YOUR PROCEDURE.

**Purchase the following over the counter products:**

1. Buy one 238 g bottle of Miralax,
2. Purchase and refrigerate a 64 ounce bottle of Gatorade that is NOT Red or Purple. DIABETICS: USE ONLY SUGAR FREE GATORADE.
3. Purchase one box of Dulcolax ( Bisacodyl ) laxative tablet- You will need to take 3 tablets only.

**One Day Prior to your Procedure: NO SOLID FOOD OR MILK PRODUCTS.** You will be allowed only clear liquids for breakfast, lunch, and dinner. It is important to drink clear liquids all day long. Examples of clear liquids include: fruit juices without pulp: Apple Juice, white grapejuice, lemonade  
Water, clear broth, or Bouillion  
Coffee or tea ( without any milk or non dairy creamer)  
You may also have plain Jello without fruit or toppings, ice popsicles, Kool-Aid or any other carbonated or non-carbonated soft drinks that are NOT colored Red or Purple.

**AT 4:00 PM take 3 tablets of Dulcolax laxative tablets with 8 ounces of water, by mouth.**

**At 6:00 PM: In a large pitcher mix 64 oz of Gatorade with 238g of Miralax.** Begin drinking the Gatorade/Mira lax mixture, having one 8 oz glass every 15 minutes until you have finished half ( 32 ounces) of the preparation.

**The Day of your Colonoscopy 6 hours before your procedure:** Resume drinking the Gatorade/Miralax mixture, one glass every 15 minutes until the second half of the bottle (32 oz) is finished. You may continue drinking clear liquids up until four hours before your procedure. **DO NOT EAT OR DRINK ANYTHING FOR FOUR (4) HOURS BEFORE YOUR PROCEDURE INCLUDING WATER OR CHEWING GUM.**

**YOU MAY TAKE YOUR REGULAR MEDICATION WITH SMALL SIPS OF WATER UNLESS YOU HAVE BEEN INSTRUCTED OTHERWISE.**

**Do Not wear contact lenses.**

**Do not wear Jewelry. We are not responsible for articles left behind.**

**Women under the age of 50: Please be prepared to give a urine specimen for a pregnancy test on the day of your procedure••**