

My Colonoscopy Prep Calendar Miralax

Patient name:
Physician:
Procedure Date:
Arrival Time:



- Pick up your bowel prep at the pharmacy. You will need to purchase:
 - 1 bottle of Miralax 238g
 - 4 Dulcolax laxative tablets
 - 2 bottles of sports drink (Gatorade) 64oz in total.**NO RED**



- If you use our patient portal to check **upcoming appointments** please **disregard** this information for your procedure is in our endoscopy suite.

- Stop taking Iron supplements and multivitamins.

- If you are taking blood thinners, such as Coumadin, you will receive additional instructions guided by your prescribing physician.

- Confirm with the person who is providing you a ride home. You must have a ride home as you will be receiving sedation (**NO TAXIS, Lyft, or Uber by yourself**). Please inform your escort that the visit will take 1 ½ - 2 hours.



- Stop** eating seeds, nuts, corn, any vegetables with a skin, and beans.
- If you are unable to make your appointment please call, 603-580-7892. **Core GI requires 72 hours notice for cancellations**

- No solid food, dairy, juice with pulp, alcoholic beverages, and nothing red, orange, or purple in color.
- ONLY** clear liquids allowed: Sports Drinks (**no red, orange, or purple**), apple juice, white grape juice, ginger ale, clear broth/bouillon, water, coffee/tea without milk, clear carbonated beverages, Jell-O, popsicles, and Italian Ice. To stay hydrated, drink at least 8 glasses of clear liquid in addition to the bowel prep.
- Early in the morning mix **half** the Miralax powder (about 7 capfuls) with 32 OZ. of sports drink into a large pitcher. Place the preparation into the refrigerator to chill.
- At 5:00pm take 4 Dulcolax laxative tablets with an 8oz glass of water.
- Starting at 6:00 pm drink one 8 OZ. glass of Miralax preparation every 15-20 minutes until the pitcher is consumed. If you get nauseated, stop for 30 minutes to 1 hour, then start again at a slower pace. You will begin to have loose stools 1-2 hours after you start drinking the Miralax.

If you are unable to finish your prep or have not had a bowel movement three hours after drinking the evening dose, call the hospital at 603.778.7311 as soon as possible and ask for the GI nurse.

- Please **take** your morning medications with a sip of water at least two hours prior to your procedure time.
- 4 hours prior to your arrival time** drink the remaining half of the Miralax Preparation (mix as previously instructed). Drink one 8 OZ. glass every 15 minutes until gone.
- Stop** drinking all liquids including the bowel prep 3 hours before you are due to arrive at the hospital.
- No chewing gum or hard candy 3 hours prior to arrival.**



Helpful Tips

- You will need to contact the doctor who prescribes your diabetic medications for pre procedure instructions.
- Questions may be directed to (603)-580-7892.
- Please secure a ride home for the day of your procedure. You should plan to be there for 1.5-2 hours. You will need to make sure you confirm your ride, and your ride is available and reachable during your procedure time.
- Drink the Miralax preparation cold. Drink with a straw.
- To decrease discomfort around the perianal region, use wet wipes instead of toilet paper and apply Vaseline or A&D Ointment to the rectum.
- If you wear contacts, you will be asked to remove them prior to the procedure.
- You will be asked to remove jewelry before your procedure and you should consider leaving valuables at home.
- Please check with your insurance carrier regarding their coverage of this procedure, a pre-authorization may be required.
- If you are within child-bearing age, you may be asked for a urine specimen prior to your procedure.