



## Frederick Gastroenterology Associates

### MIRALAX PREPARATION FOR COLONOSCOPY

**PREP INSTRUCTIONS:** To avoid a failed prep or the need for a repeat procedure due to poor prep, please follow all of these instructions carefully.

\*If you are on **Coumadin or other blood thinning medication**, and you do not have specific instructions for stopping this medication prior to your procedure, please contact our office.

**\*TWO WEEKS BEFORE:** Stop taking any medications containing Phentermine & Diethylpropion

**\*ONE WEEK BEFORE:** **PURCHASE the following over-the-counter items:**

\*6-9 Dulcolax 5 mg. Tablets (Bisacodyl generic tablets, **NOT** stool softener or suppositories)

\*Vaseline or Desitin ointment to apply generously to peri-anal area prior to prep

\*One 238 gram (8.39 oz) bottle of Miralax (or generic Glycolax)

\*One 32 ounce bottle of Gatorade, Powerade, Smart Water, Propel (no red, purple-colored flavors)

\*One disposable Fleet Enema (Saline only-no mineral oil enemas)

\*Simethicone tablets (1-2 depending on brand) to total 250 mg (You may purchase Gas-X, Mylicon, Phazyme or generic Simethicone in the anti-gas area of your pharmacy)

**\*FIVE DAYS BEFORE:** Stop taking Iron, Vitamins, and Herbal Supplements unless otherwise directed.

**\*THREE DAYS BEFORE:** Stop eating raw vegetables, corn, nuts, and seeds and fiber supplements.

**\*DIRECTIONS FOR PROCEDURE TIMES BEFORE 11:00 A.M.**

**\*ONE DAY BEFORE:**

**6:00 am:** **CLEAR LIQUIDS ONLY ALL DAY**--Begin the clear liquid diet attached and remain on this up until 4 hours prior to your procedure.

**5:00 pm:** Take the first set of 3 Dulcolax tablets. Mix the entire bottle of Miralax/Glycolax powder with the 32 oz. bottle of Gatorade-type drink. This will form a light slurry. Please shake well and refrigerate.

**6:00 pm to 10 pm:** Start drinking the mixture, drinking an 8 oz. glass of the mixture every hour until completely finished.

**8:00 pm:** Take the second set of 3 Dulcolax tablets.

**8:00 pm to bedtime:** Drink at least three 8 oz. glasses of clear liquid other than the prep throughout the evening.

**\*DAY OF THE PROCEDURE:**

**\*4 HOURS PRIOR TO YOUR SCHEDULED ARRIVAL TIME:**

- Take the Simethicone tablets (1-2 to equal 250 mg.) and all of your regular medications at this time with enough water to safely swallow your pills. **NOTHING FURTHER BY MOUTH!**
  - If your bowel movements are not clear, please use the Fleet enema to rinse out any remaining stool
  - Report to the facility for your procedure at your scheduled arrival time.
- 

**\*DIRECTIONS FOR PROCEDURE TIMES AFTER 11:00 am:**

**\*ONE DAY BEFORE:**

**6:00 am:** **CLEAR LIQUIDS ONLY ALL DAY--**Begin the clear liquid diet attached and remain on this up until 4 hours prior to your procedure.

**7:00 pm:** Take the first set of 3 Dulcolax tablets. Mix the entire bottle of Miralax/Glycolax powder with the 32 oz. bottle of Gatorade-type drink. This will form a light slurry. Please shake well and refrigerate.

**7:30 to 9:30 pm:** Start drinking the mixture, drinking an 8 oz. glass of the mixture every hour until half of the solution is finished. Place the remaining half back in the refrigerator.

**7:30 to bedtime:** Please drink at least 3 additional 8 oz. glasses of clear liquid throughout the evening until bedtime.

**\*DAY OF THE PROCEDURE:**

**5:00 am:** Take the second set of 3 Dulcolax tablets

**5:00 am to 7:00 am:** Drink the remainder of the refrigerated Miralax mixture, drinking an 8 oz. glass every hour until completely finished. **NOTHING FURTHER BY MOUTH!**

**\*FOUR HOURS PRIOR TO YOUR PROCEDURE ARRIVAL TIME:**

- Take the Simethicone tablets (1-2 to equal 250 mg.) and all of your regular medications at this time with enough water to safely swallow your pills.
- If your bowel movements are not clear, please use the Fleet enema to rinse out any remaining stool
- Report to the facility for your procedure at your scheduled arrival time.

**DIABETIC PATIENTS:**

\*Patients on Lantus or Levemir remain on your normal dose throughout prep and procedure.

\*Patients on NPH and regular Insulin should remain on regular dose on the day before (prep day), but reduce the usual dose by 20% the morning of the procedure.

\*Patients on oral diabetic medications DO NOT TAKE these on the day of the procedure

\*If you have an Insulin pump or have any other questions about your diabetic medications, please call your primary care physician or endocrinologist for further instructions.