



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 including all salads, corn, nuts, seeds, smoothies and fiber supplements

***TWO DAYS BEFORE:** Stop using any medical marijuana products including CBD oils and other products.

***DIRECTIONS FOR PROCEDURE TIME BEFORE 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.

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.

8:00 pm to 12:00 am: Start drinking the mixture, drinking an 8 oz. glass of the mixture every hour until completely finished.

CONTINUED ON BACK

10:00 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.