



## 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. This is extremely important to avoid side effects of dehydration.

**\*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 a.m.**

**\*ONE DAY BEFORE:**

**6:00 a.m.: 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 p.m.:** 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 p.m.:** Start drinking the mixture, drinking an 8 oz. glass of the mixture every hour until half of the solution is finished. Please place the remaining half of the mixture 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. This is extremely important to avoid side effects of dehydration.

**\*DAY OF THE PROCEDURE:**

**5:00 a.m.:** Take the second set of 3 Dulcolax tablets.

**5:00 a.m. to 7:00 a.m.:** Drink the remainder of the Miralax mixture, drinking an 8 oz. glass every hour until completely finished. **NOTHING FURTHER BY MOUTH UNTIL DIRECTED BELOW.**

**\*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 AT ALL 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.

**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.

“The Miralax prep is not approved by the FDA”

\*\*Dehydration and fainting are possible side effects of colonoscopy preps.