

**MIRALAX-PREP INSTRUCTIONS FOR COLONOSCOPY**

Your appointment is at \_\_\_\_\_ on \_\_\_\_\_

at \_\_\_\_\_ with an arrival time of \_\_\_\_\_ and is scheduled with  
Dr. \_\_\_\_\_ . SCHEDULED BY: \_\_\_\_\_

You will need to purchase at the pharmacy: 4 Dulcolax tablets, a 238 gram bottle of Miralax and a 64 oz bottle of Gatorade (**any color except red, orange or purple**)

**Day Prior to the Procedure:**

**Begin a clear liquid diet the day prior to your procedure. (See attached list). Follow the instructions below the afternoon prior to your procedure: Mix Miralax and 64 oz. Gatorade and chill.**

**DAY PRIOR:**

1. At 5 pm take 4 Dulcolax tablets. (NO PRESCRIPTION REQUIRED)
2. At 7 pm begin drinking your solution. Drink an 8 oz glass every 10-15 minutes until the solution is half gone. You will drink 32 ounces.
3. You may continue to drink clear liquids after your solution.

**\*\* You may adjust these times later if needed due to your work schedule\*\***

**Day of the Procedure:**

1. At \_\_\_\_\_ (at least 5 hours prior to your procedure appt time) you need to drink the last half of your solution. Drink an 8 ounce glass every 10-15 minutes until the second half (32 ounces) is completely gone. **DO NOT DRINK ANYTHING ELSE UNTIL AFTER THE PROCEDURE**
2. Take your routine medications, such as blood pressure and heart medications, with a sip of water the morning of your procedure.
3. **Please do not wear any jewelry to the center.**
4. **A responsible person must arrive with you and stay with you the entire time you are at the endoscopy center. You may not drive or work for the rest of the day. You will probably be at the endoscopy center between 2 to 3 hours. If you have any questions after you are home, please call the doctors office.**

DO NOT TAKE **VITAMIN E, ASPIRIN PRODUCTS OR IBUPROFEN, MOTRIN, ALEVE OR ANY ANTI-INFLAMMATORY DRUGS** FOR AT LEAST 5 DAYS PRIOR TO YOUR PROCEDURE (Tylenol is ok to take for aches, pains or headaches). If you are taking **IRON SUPPLEMENTS**, STOP THAT 7 DAYS PRIOR TO THE PROCEDURE. IF YOU ARE **TAKING BLOOD THINNERS** SUCH AS COUMADIN OR PLAVIX, please notify our office for further instructions. If you are taking **arthritis medications** please call our office to see if you need to stop 5 days prior to your procedure.

If you have any questions please call 678-741-5000 and ask for a member of the clinical team.