CORE PHYSICIANS
an exeter health resource | The Art of Wellness

COLONOSCOPY INSTRUCTIONS –TWO DAY PREP MIRALAX

Date of Procedure:

Physician:

Two weeks before:

Please call your primary care physician to discuss holding blood thinners such as Coumadin, Plavix, Effient, Lovenox, Pradaxa, or Aggrenox. These will **have** to be held prior to the procedure. You may need special instructions if you take insulin or other diabetic medications.

The endoscopy suite will call you 10 business days prior to your procedure date to inform you of your arrival time. If your arrival time is not confirmed within 48 hours of call, you may be asked to reschedule.
Questions may be directed to (603)580-7892.

7 days before

▪ ***Stop*** taking iron supplements and multivitamins.

▪ ***Stop*** taking NSAIDS such as Motrin, Ibuprofen, Aleve, Naproxen, and Meloxicam.

▪ You may ***continue*** to take your daily aspirin.

▪ *Pick up* your bowel prep at the pharmacy. You will need to purchase:

- 1 bottle Miralax 238g
- 6 Ducolax laxative tablets
- 2 bottles of sports drink (Gatorade)
  64oz in total, **No RED**
- 1 bottle of magnesium citrate

▪ *Read* this entire instruction sheet and all included materials.

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

5 days before

▪ Confirm your ride home.
You **MUST** have a ride home as you will be receiving sedation (NO TAXIS).
Please inform your escort that the visit will take 2 ½ -3 hours.

2 days before

▪ No solid food ▪ No dairy ▪ No juice with pulp▪ No alcoholic beverages▪ Nothing red in color

ONLY clear liquids allowed: Apple juice, white grape juice, ginger ale, clear broth/ bouillon, water, coffee/tea without milk, clear carbonated beverages, Jell-O, popsicles.

To stay hydrated, drink at least 8 glasses of clear liquid.

Mark off each time you drink an 8 OZ. glass

6pm: Drink 1 bottle magnesium citrate

Day before

No solid food ▪ No dairy ▪ No juice with pulp▪ No alcoholic beverages▪ Nothing red in color ONLY clear liquids allowed

To stay hydrated, drink at least 8 glasses of clear liquid in addition to the bowel prep.

Mark off each time you drink an 8 OZ. glass

▪ 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.

▪ 12pm: Take 2 Ducolax laxative tablets with 8oz clear beverage of your choice

▪ At 5:00pm take 4 Ducolax 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.

Mark off each time you drink an 8 OZ. glass

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

Day of procedure

▪ **4 hours prior to procedure** drink the remaining liter of Miralax (one 8 oz glass every 15 minutes until gone)

Mark off each time you drink an 8 OZ. glass

▪ Stop drinking all liquids 3 hours before you are due to arrive at the hospital.
▪ Please take your morning medications with a sip of water.

Please check with your insurance carrier regarding your coverage of this procedure, a pre-authorization may be required. Revised 11/2017
If you are unable to make your appointment please call 603.772.5528 Core Gastroenterology requires 72 hours notice for cancellations.