

My Colonoscopy Prep Calendar Miralax

Patient name: Physician: Procedure Date: Arrival Time:





Confirm with







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

- 1 bottle of Miralax 238g
- 4 Dulcolax laxative tablets
- 2 bottles of sports drink (Gatorade) 64oz in total. NO RED





If you use our patient portal

disregard this information

for your procedure is in our

to check upcoming

appointments please





the person who is providing you a ride home. You must have a ride home as you will be receiving sedation (NO TAXIS, Lyft, or Uber by vourself). Please inform your escort that the visit will take 1 ½ -2 hours.

Stop eating seeds, nuts, corn, any vegetables

3 Days

Prior to

Appt.

with a skin, and beans.

> If you are unable to make your appointment please call, 603-580-7892. Core GI requires 72 hours notice for cancellations

No solid food, dairy, juice with pulp, alcoholic beverages, and nothing red, orange, or purple in color.

ONLY clear liquids allowed: Sports Drinks (no red, orange, or purple), apple juice, white grape juice, ginger ale, clear broth/bouillon, water, coffee/tea without milk, clear carbonated beverages, Jell-O, popsicles, and Italian Ice.

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

☐ 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.

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.

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

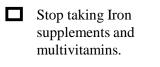
Please *take* your morning medications with a sip of water at least two hours prior to your procedure time.

4 hours prior to your arrival time drink the remaining half of the Miralax Preparation (mix as previously instructed). Drink one 8 OZ. glass every 15 minutes until gone.

□ Stop drinking all liquids including the bowel prep 3 hours before you are due to arrive at the hospital.

☐ No chewing gum or hard candy 3 hours prior to arrival.

Helpful Tips



endoscopy suite.

If you are taking blood thinners, such as Coumadin, vou will receive additional instructions guided by your prescribing physician.





<u>Helpful Tips</u>	
	You will need to contact the doctor who prescribes your diabetic medications for pre procedure instructions.
	Questions may be directed to (603)-580-7892.
	Please secure a ride home for the day of your procedure. You should plan to be there for 1.5-2 hours. You will need to make sure you confirm your ride, and your ride is available and reachable during your procedure time.
	Drink the Miralax preparation cold. Drink with a straw.
	To decrease discomfort around the perianal region, use wet wipes instead of toilet paper and apply Vaseline or A&D Ointment to the rectum.
	If you wear contacts, you will be asked to remove them prior to the procedure.
	You will be asked to remove jewelry before your procedure and you should consider leaving valuables at home.
	Please check with your insurance carrier regarding their coverage of this procedure, a pre-authorization may be required.
	If you are within child-bearing age, you may be asked for a urine specimen prior to your procedure.