

MiraLAX Instructions for Colonoscopy

Patient: _____ Date: _____ Admit time: _____

Procedure At: Lincoln Surgery Endoscopy Services
1730 S. 70th St, Suite 120, **Entrance D**
Lincoln, NE 68506

Phone 402-484-9050 / Fax 402-483-5653
Monday – Thursday 7:00 AM – 3:30 PM
Friday 7:00 AM – 2:00 PM

Preparing For Your Exam

Five days prior to your procedure:

- **STOP** your medications that have blood thinning effects. Examples: **Motrin, Ibuprofen, Aleve, Celebrex, and arthritis medications.** Tylenol and Aspirin are okay. (If you are on Coumadin, Plavix, Xarelto or any other anticoagulant/antiplatelet medication you must contact your Primary Care Physician for instructions.)
- **Diabetics:** If you are diabetic and take insulin, call your Primary Care Physician for instructions. Please check your blood sugar/glucose before leaving your home.

One day before your procedure:

- **NO FOOD all day!** Drink only CLEAR LIQUIDS (see below) starting when you wake up in the morning, throughout the entire day and up until 2 hours before your scheduled admit time. The more clear liquids you drink, the better the prep solution will work and the better you will feel. Below is a list of clear liquids that you may have. Please note that no red dye is allowed (no red Jell-O, red drinks, etc.). Please limit all dark beverages such as tea, soda, coffee, etc. to 2 cups daily.

Examples of Clear Liquids (NO RED DYE)

<u>Soda</u>	<u>Juice</u>	<u>Sports drinks</u>	<u>Other Options</u>	
All Sodas	Apple	Gatorade	Coffee/Tea (limit 2)	Water
Root Beer (limit 2)	Cranberry	Powerade	Crystal Light	Popsicle
Sprite/7UP	Grape	All Sport	Jell-O	
Coke/Pepsi (limit 2)	White Grape	Propel	Broth/Bouillon	

Day before your procedure at 5:00 PM:

(Both Dulcolax and MiraLAX are available over the counter-NO prescription is needed)

- At 5:00 PM take 4 Dulcolax tablets (5mg each) and continue drinking clear liquids.
- At 7:00 PM, mix the 238 gram bottle (8.3 ounces) of MiraLAX with 64 ounce of a sports drink in a pitcher. Drink an 8 ounce glass of solution every 10-15 minutes until the medication is approximately half way gone.
- **Drink plenty of clear liquids thereafter.** Again, the more you drink, the better the prep works and the better you will feel.

***** If your prep is not working by 9:00 PM or if you are vomiting, please call physician at 402-441-5600*****

Day of your procedure:

- Take prep again at 5:00 AM if you have a morning procedure. Take prep at 8:00 AM if you have an afternoon procedure. Drink the second half of the MiraLAX/sports drink solution. Drink an 8 ounce glass every 10-15 minutes until the solution is gone. Try to complete solution in one hour.
- Your stools should look clear/yellow (urine like) and you should be able to see through the liquid to the bottom of the toilet.
- **Continue to drink clear liquids until two hours prior to your scheduled admit time,** then nothing more to drink.
You may:
 1. Take your morning heart, blood pressure or seizure medication with sips of water.
 2. Brush your teeth and gargle in the morning.
 3. Do **NOT** smoke, chew tobacco, chew gum or suck on hard candy!

Please show up for your procedure at the admit time written at the top of this sheet.

*****Due to the sedation, you MUST have a responsible person with you and they MUST stay in our facility or your test will be cancelled. Taxi or bus rides are not allowed unless accompanied by a responsible adult.*****

Please check our website www.lincolngi.com for more information and recommendations.