



PREMIERE•GI

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MIRALAX PREP

Location: _____

PLEASE OBTAIN OVER THE COUNTER

* Four 5MG Dulcolax Tablets (bisacodyl)

*At least 170 GRAMS of MiraLAX

1.If you take a blood thinner such as Plavix, Coumadin (Warfarin), Pradaxa, Xarelto, Eliquis, Effient, or Aspirin (325mg or higher) please discuss with your prescribing physician regarding stopping the medication for your procedure. **Do not discontinue this medication on your own without discussing it with your doctor.**

2. Please continue Aspirin 81mg, you do not need to discontinue this low dosage.

3. DO NOT drink any alcoholic beverages 2 days prior as alcohol thins your blood.

3 DAYS PRIOR TO PROCEDURE:

DO NOT take iron, multiple vitamins, fiber supplements prior to your procedure.

Avoid high fiber foods- such as popcorn, beans, seeds, multigrain breads, nuts, salad/vegetables, fresh and dried fruit.

DAY BEFORE COLONOSCOPY:

1. Before 9AM, you may have a light breakfast. This can include cereal, bread, and milk products, but cannot include fresh fruits, vegetables, salad or meats.
2. After 9AM, only clear liquids (**NO RED OR PURPLE DYE**) Clear liquids include:

Water	Clear juices (apple, white grape)	Italian ice/Popsicles
Bouillon (Beef or Chicken)	Tea (regular, decaf, herbal)	Jell-o
7-Up, ginger ale, seltzer	Black Coffee	Gatorade

3. At 1PM, you will start cleansing by taking 2 Dulcolax laxative tablets by mouth, then at 3:00pm you will start drinking one 8 oz glass of clear liquid of your choice with 1 capful (17 grams) of the MiraLAX powder in it. Stir for about a minute until its dissolved. You will need to continue to

have 1 glass of liquid with the capsule of MiraLAX every 15-20 minutes until you have had a total of 10 glasses.

**it is more easily tolerated if chilled and taken with a straw. Feelings of bloated or nausea may occur after a first few glasses. This should be temporary and decrease once bowel movements begin. If this occurs, take a break then start again.

4. At 8PM, you will take 2 more Dulcolax laxative tablets and then you are done with the cleansing process. You will remain on clear liquids.
5. If you are a diabetic and use insulin, take ½ of your dose the day before while you are on the clear liquid diet. If you take the pills, continue as normal until the day of your colonoscopy. On the day of the colonoscopy DO NOT take your insulin or pills, but you can bring them with you to the appointment.

3. IF YOU TAKE PILLS FOR YOUR HEART, SEIZURE MEDICATIONS OR PARKINSON'S MEDICATION, TAKE THEM AS USUAL BEFORE YOUR PROCEDURE.

****NOTHING IS TO BE TAKEN BY MOUTH DURING THE 4 HOURS PRIOR TO YOUR ARRIVAL TIME OTHERWISE YOUR PROCEDURE WILL BE CANCELLED****

AFTER THE PROCEDURE:

****AT DISCHARGE YOU WILL NOT BE ALLOWED TO LEAVE THE FACILITY WITHOUR A RESPONSIBLE ADULT TO DRIVE YOU HOME****

- Dr. Khazanchi will speak with you about the initial results in recovery following the procedure and recommend the appropriate follow-up needed.
- You will need to make a follow-up visit to get the results of your procedure. Results not given over the phone unless advised otherwise.
- After the procedure you must not drive, work, make legal decisions, or do anything that could result in injury.

Follow up appointment Date/Time: _____