



MiraLAX® BOWEL PREP INSTRUCTIONS

Procedure	ENDOSCOPY LOCATIONS
Date: ____/____/____ Time: ☐ am ☐ pm	Morgan Medical Center 1740 Lions Club Road Madison, GA 30650

IMPORTANT If the bowel is not clean when you arrive to the procedures unit, rather than giving you an incomplete and poor examination, your procedure will need to be rescheduled.

REMEMBER

The **day of your procedure** we ask that you remain “**NPO**” nothing by mouth so that your procedure can be performed safely. It is ok take your morning medications with a sip of water.

Those patients taking weight loss medications containing **Phentermine® and/or GLPs** will need to be off for 7 days prior to your procedure.

Those patients taking **blood thinners** such as ASA®, Plavix®, Eliquis®, Pradaxa®, Xarelto®, Coumadin®, Effient®, Brilinta®, Pletal®, Lovenox®, etc will often need to be **stopped 3-5 days prior** to your procedure. **Details will need to be discussed prior to being scheduled.**

Those patients taking **Diabetic medications** consisting of Insulin will need to adjust the dose the day before and day of your procedure. Oral medications such as Merformin®, Janumet® and Glucophage® **should NOT be taken the morning of** your procedure. **Details will need to be discussed prior to being scheduled.**

Blood pressure medications and other **routine medications** not listed above should be **taken as scheduled** the day before and day of your procedure (with a sip of water).

Those patient with **AICDs** (automatic implantable, cardioverter-defibrillator) **will need to be discussed prior to being scheduled.**



ARRANGE for a friend or family member to drive you home after the colonoscopy, as you will still be drowsy from sedation and it is unsafe to drive.

- You must have an adult accompany you home the day of your procedure, even if you take a cab. The medical procedure staff must be able to contact whoever will accompany you. If this person cannot be confirmed prior to the procedure, your procedure will be rescheduled for your safety.
- You should not drive a car, operate machinery, or make any legal decisions until the day after your procedure.

MiraLAX® BOWEL PREP INSTRUCTIONS cont.

YOU WILL NEED TO PURCHASE (no prescription is needed)



Four Dulcolax® laxative tablets containing 5mg of bisacodyl each (NOT Dulcolax stool softener).



One 8.3-ounce bottle of MiraLAX® (238 grams) or generic equivalent.



Two 32-ounce bottles of Gatorade® (NOT RED), People with diabetes should use Gatorade G2® (NOT RED).

THE DAY BEFORE THE PROCEDURE

You may consume a **“light breakfast”** consisting of juice with no pulp; coffee with no cream; eggs without cheese; white bread; Boost® or Ensure®; (NO meat and NO vegetables).

At 10:00 am, begin a “clear liquid” diet. Drink at least 8 ounces of clear liquids every hour after breakfast to prevent de-hydration.

The lists below show what you can and cannot drink.

Clear Liquids (NO RED DYES)

Gatorade®, Pedialyte® or Powerade®
Clear broth or bouillon
Coffee or tea (no milk or non-dairy creamer)
Carbonated and non-carbonated soft drinks
Kool-Aid® or other fruit-flavored drinks
Strained fruit juices (no pulp)
Jell-O®, Popsicles®, hard candy
Water

Do NOT Drink

Alcohol
Milk or non-dairy creamer
Noodles or vegetables in soup
Juice with pulp
Liquid you cannot see through

At 5:00 PM Start the Ingestion of Bowel Prep Medications.

The Medications are divided into two equal parts

PART 1 at 5:00 PM



Two Pills



Ingest two of the Dulcolax/Bisacodyl tablets

$\frac{1}{2}$ +
MiraLAX®
Bottle



Mix 1/2 of the MiraLAX bottle (119 grams) in one of the 32-ounce Gatorade bottles until dissolved. Keep cool in the refrigerator. DO NOT ADD ICE.

Start ingesting the solution slowly: 8oz every 30 minutes until finished.

MiraLAX® BOWEL PREP INSTRUCTIONS cont.

At 8:00 PM Start the Ingestion of Second Bowel Prep Medications.

The Medications are divided into two equal doses:

PART 2 at 8:00 PM



Two Pills

Ingest **two** of the Dulcolax/Bisacodyl tablets

1/2
MiraLAX®
Bottle



Mix the other 1/2 of the MiraLAX bottle (119 grams) in the other 32-ounce Gatorade bottles until dissolved. Keep cool in the refrigerator. **DO NOT ADD ICE.**

Start ingesting the solution slowly: 8oz every 30 minutes until finished.



After finishing your prep you may remain on clear liquids up to 4 hours before your procedure.



Those patient with diabetes or gastroparesis need to stop clear liquids 6 hours before your procedure.

The morning of the procedure you may take you scheduled medications up to 2 hours before your procedure with a sip of water.

What to Expect After Your Colonoscopy Procedure

You will spend time in our post-procedure unit where our nursing staff will monitor you. Once it is felt safe, you will be able to leave with your driver/escort. You will receive a printed copy of your colonoscopy results for your own records. Once home, you may resume your normal diet and medications.

Thank you for choosing GastroCare!



GastroCare
Physicians of Georgia

Phone 404-282-5600 Fax 404-282-5599 gastrocarega.com