

Miralax Colonoscopy Preparation Instructions

Please READ ALL instructions carefully

Location of your procedure:

The Center for Advanced Medicine & Surgery (CAMS), 122 Maple Ave, White Plains, NY 10601

SPECIAL INSTRUCTIONS:

1. **If you take a blood thinning medications** (to treat blood clots or to prevent a heart attack or stroke), contact the doctor who prescribes it and ask when to stop taking it.

Examples of blood thinners:

Warfarin (Coumadin)	Clopidogrel (Plavix)	Ticagrelor (Brilinta)
Cilostazol (Pletal)	Dabigatran (Pradaxa)	Rivaroxaban (Xarelto)
Apixaban (Eliquis)	Enoxaparin (Lovenox)	Edoxaban (Savaysa)

2. **If you are taking diabetic medications:**

- Insulin or other medications for diabetes:
 - You may need to change the dose. Ask your doctor prescribing it what you should do a day before and on the day of the procedure.
 - If you are taking Metformin, do not take it 48 hours before the procedure and on the day of the procedure.

3. **If you are taking the following medications for diabetes or weight loss**, it has to be held for 2 weeks prior to the procedure after discussion with your Endocrinologist.

• Dulaglutide (Trulicity)	• Semaglutide (Ozempic, Rybelsus, Wegovy)
• Exenatide extended release (Bydureon BCise)	• Tirzepatide (Mounjaro)

4. **If you have an AICD (automatic implantable cardioverter-defibrillator)**, you will need a letter from your cardiologist before your procedure that says it is safe for you to proceed with the procedure.
5. **If you have chest pain, trouble breathing that is new or worsening, or a recent episode of fainting, you will have to be examined by your doctor before the procedure.**

THINGS TO PICK UP FROM YOUR PHARMACY:

Laxatives:

- One bottle of MiraLAX (238 grams)
- Two 32-ounce bottles of Gatorade (NOT RED)
- Diabetic patients should use Gatorade G2 (NOT RED)
- 4 Dulcolax (bisacodyl) 5 mg tablets

ADDITIONAL THINGS TO PICK UP FROM YOUR PHARMACY:

- If you are constipated, or take Opioids (Morphine, Hydrocodone, Oxycodone, Percocet, or Fentanyl) or have had an inadequate prep on prior colonoscopy, purchase an additional small MiraLAX (119g) bottle.
- A and D ointment (optional)

5 DAYS BEFORE YOUR PROCEDURE:

- Stop taking your iron supplements and fiber supplements.
- Only take Tylenol as needed, **AVOID** Advil or Ibuprofen.

3 DAYS BEFORE YOUR PROCEDURE:

- Start a low fiber diet

Avoid:

• Raw vegetables (Cooked are OK)	• NO beans, corn, broccoli, or cauliflower
• Fruits with hard skin ---- PEEL skin off	• NO grapes or berries
• Whole grains (oatmeal, whole wheat or multigrain bread, quinoa, brown rice, whole kernel corn)	• NO nuts and seeds

2 DAYS BEFORE THE PROCEDURE (ONLY IF INSTRUCTED BY DOCTOR):

If you are constipated or have had an inadequate bowel preparation on prior colonoscopy:

- Start a full liquid diet (milk, tea, coffee, yogurt, fruit or vegetable juices without pulp, broth, pudding, plain ice cream)
- Take MiraLAX 17g in 8 ounces of liquid with each meal (breakfast, lunch, and dinner)

THE DAY BEFORE YOUR PROCEDURE: CLEAR LIQUIDS ONLY

- Do not eat any solid food.
- Do not drink anything which is red or purple in color.
- Do not drink any alcohol.
- Have only clear liquids.

Clear liquids: NOTHING RED OR PURPLE

Clear carbonated beverages (Sprite, Ginger Ale, or Seltzer)	Black coffee/ tea (sugar and honey are okay) No dairy, dairy substitutes, or creamer
Water	Clear sports drinks (ex: Gatorade)
Clear fruit juices (apple, lemonade, white grape)	Popsicles (without fruit or pulp)
Jell- O (yellow or green)	Fat- free broth

Preparing the MiraLAX solution:

- Mix 14 doses (238 g) of MiraLAX into a large pitcher and pour in your 64 ounces of Gatorade until it completely dissolves. Divide the solution into two equal parts and refrigerate it.

Bowel preparation with MiraLAX and Dulcolax has two parts and depends on the timing of your procedure:

IF YOUR PROCEDURE IS SCHEDULED BEFORE 10 AM:

Part 1: The day before procedure at 5 PM:

- Take 2 tablets of Dulcolax followed by the first 32 ounces of MiraLAX solution.
- Drink one 8-ounce glass of Miralax solution every 15 minutes for a total of four glasses.
- Drink an additional two 8-ounce glass of clear liquids.

Part 2: The night before procedure at 11 PM:

- Take the other 2 tablets of Dulcolax followed by 32 ounces of MiraLAX solution.
- Drink one 8-ounce glass of MiraLAX solution every 15 minutes for a total of four glasses.
- Drink an additional two 8-ounce glasses of clear liquids.

IF YOUR PROCEDURE IS SCHEDULED AFTER 10 AM:

Part 1: The night before procedure at 7 PM:

- Take 2 tablets of Dulcolax followed by the first 32 ounces of MiraLAX solution.
- Drink one 8-ounce glass of Miralax solution every 15 minutes for a total of four glasses.
- Drink an additional two 8-ounce glass of clear liquids.

Part 2: Taken the day of procedure:

This dose is taken the day of your procedure **5 hours before scheduled procedure time.**

- Take the other 2 tablets of Dulcolax followed by 32 ounces of MiraLAX solution.
- Drink one 8-ounce glass of MiraLAX solution every 15 minutes for a total of four glasses.
- Drink an additional two 8-ounce glasses of clear liquids.

THE DAY OF YOUR PROCEDURE:

- Drink only clear liquids. Do not eat any solid food until after your procedure.
- **Stop drinking clear liquids 3 hours before your procedure.**

THINGS TO REMEMBER:

- Take your prescribed morning medications you were instructed to take the morning of your procedure with a few sips of water.
- Remove all jewelry including body piercings and leave them at home.
- Don't apply any lotions, creams, or powder to your chest or arms.
- If you wear contacts, wear your glasses instead.
- If you have an implanted pacemaker or cardioverter-defibrillator (AICD), bring your wallet card with you.
- **You must have a ride home after the procedure. You CANNOT drive home from the procedure site.**
- **NO TAXI OR RIDESHARE SERVICES PERMITTED.**

Appointment Disclaimer:

Please be advised that appointment times are subject to change. You will receive a confirmation call one day prior to your procedure with your actual confirmed time of arrival and procedure start time. Since your arrival time may change, please keep this in mind when arranging your transportation. In total, expect to spend up to 4 hours for this appointment.

If you need to change or cancel your appointment, please provide as much notice as possible. Call (914) 723-8100 ext. 514 to reschedule your appointment.