

## TRIANGLE GASTROENTEROLOGY

### Colonoscopy Preparation – Three Day MiraLAX

For your procedure, you will need to drink a laxative solution to clean your colon. You must drink the entire solution for the most effective cleansing. Read these instructions completely before beginning the preparation, and please make sure that you **stay hydrated throughout the entire prep process**.

This MiraLAX® preparation does **NOT** require a prescription and has been shown to be equivalent to other colonoscopy preparations. If your physician has prescribed a colonoscopy preparation for you, please follow his or her orders. It is very important you do not take two different colonoscopy preparations. For questions or concerns, call 919-881-9999.

#### **Must purchase from Pharmacy a few days in advance:**

- Dulcolax® laxative (bisacodyl, 5 mg): 8 tablets (NOT suppositories)
- MiraLAX® powder: 1 bottle, 238 gram (8.3 ounces) AND 1 bottle, 119 grams (4.1 ounces)
- Gatorade G2® (low calorie, low sugar): 3 bottles, 32 ounces each
- Clear liquids (see list below for ideas)
  - \*G2 and liquids need to be colors that are not red or purple
  - \*Pre-moistened wipes may be used to prevent skin irritation.

#### **REMINDERS**

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- If you take insulin or oral diabetic medication, please call for specific instructions prior to your exam.
- If you use inhalers or a CPAP machine, bring them with you.
- Please let us know if you have a cardiac defibrillator.
- Do not take any product containing Ibuprofen, Aspirin, Iron (Multi-Vitamins, etc.), fiber supplements, or arthritis medications (including over the counter), for four days prior to the procedure. If you have any kind of pain, you may take Tylenol.
- If you take blood thinners (e.g.: Coumadin, Eliquis, Effient or Plavix) please contact your prescribing physician for instructions if and when to stop these medications prior to your procedure.
- ***Please arrange for an adult to drive you to the endoscopy center, to remain there with you until you are discharged, to drive you home and to stay with you for 24 hours after procedure.***

#### **THREE (3) DAYS BEFORE YOUR COLONOSCOPY:**

- You may eat normally.
- **6:00 PM** - Take 2 – 4 Dulcolax tablets with a clear beverage of your choice. (If you have severe constipation, take 4 tablets, otherwise, take 2)

#### **TWO (2) DAYS BEFORE YOUR COLONOSCOPY:**

- You may eat normally.
- **6:00pm:** Take 2 – 4 Dulcolax laxative tablets with a clear beverage of your choice

#### **THE DAY BEFORE THE EXAMINATION:**

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- Drink only clear liquids for all meals and snacks. Eat no food or milk products. (Refer to Clear Liquid Diet Sheet)
- Put the 3 bottles of Gatorade G2 in the refrigerator to chill in the morning.
- **At 6:00 PM** - Pour the 8.3-ounce bottle of MiraLAX and **two (2)** bottles of Gatorade into a large pitcher and mix well until the MiraLAX is completely dissolved. Drink one (1) 8-ounce glass every 10-15 minutes until the mixture is gone.