

MIRALAX: PREPARATION INSTRUCTIONS FOR COLONOSCOPY

DIGESTIVE DISEASE PHYSICIANS, PC

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PREPARATION FOR COLONOSCOPY

ONE WEEK BEFORE YOUR PROCEDURE: Discontinue the use of iron tablets, ibuprofen, naproxen, aspirin or products containing aspirin unless otherwise instructed by your physician. Tylenol is allowed.

- You may continue taking aspirin prior to the procedure.
 Please discontinue aspirin prior to your procedure as instructed.
 Other: _____

3 DAYS BEFORE YOUR PROCEDURE:

- **DO NOT EAT** - seeds, nuts, raw vegetables, beans, raisins, dried fruits or fiber supplements including high fiber cereals.
- No spinach, collard greens, corn, popcorn and kale.
- You may have seedless canned fruit or fruit without a peel.

1 DAY BEFORE YOUR PROCEDURE:

- Begin your “**PRE-COLONOSCOPY DIET**” (see below) in the morning and continue this diet **THE ENTIRE DAY.**
- Mix the Miralax as directed (Step 1). You may refrigerate the mixture or leave at room temperature.

PRE- COLONOSCOPY DIET

- Water, clear juices such as apple or white grape
- Soda (No red, orange, purple or blue)
- Clear bouillon / clear broth
- Yellow or green Jello (No red, orange, purple or blue)
- Fruit flavored popsicles (No red, orange, purple or blue)
- Hard candies (No red, orange, purple or blue)
- Clear or lemon-lime Gatorade (No red, orange, purple or blue)
- Black coffee or tea (No creamers, dairy, non-dairy additives)
- No dairy products- **NO ALMOND OR SOY MILK**

STEP 1: MORNING (ONE DAY PRIOR TO PROCEDURE) MIX THE MIRALAX WITH CLEAR OR LEMON-LIME GATORADE

- Mix the entire **238 gram bottle of Miralax with 64 oz of Gatorade** (You may only have yellow or green. No red, orange, purple or blue). Shake well to mix the Miralax powder evenly in the Gatorade. You can also try organic Gatorade.

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FIRST DOSAGE:

AT 6:00 PM THE NIGHT BEFORE YOUR PROCEDURE BEGIN DRINKING THE MIRALAX/GATORADE MIXTURE.

- Begin drinking the Miralax/Gatorade mixture, 8 oz glass every 15 minutes. (Approximately 4 glasses)
- Continue drinking clear liquids until bedtime.

THE DAY OF YOUR PROCEDURE – SECOND DOSAGE

5 HOURS PRIOR TO YOUR PROCEDURE AT _____ AM, BEGIN DRINKING THE SECOND HALF OF YOUR MIRALAX/ GATORADE MIX.

- Begin drinking the Miralax/Gatorade mixture, 8 oz glass every 15 minutes. (Approximately 4 glasses)
- It is VERY important that you provide us with the cleanest colon you can! You must complete the entire prep to ensure the most effective cleansing.

IF YOUR BOWEL MOVEMENTS ARE NOT A CLEAR YELLOW LIQUID IN THE MORNING PLEASE USE 1 FLEET ENEMA 3 HOURS PRIOR TO YOUR PROCEDURE, AND 1 FLEET ENEMA 2 HOURS PRIOR TO YOUR PROCEDURE.

VERY IMPORTANT!!! You must have NOTHING to drink at least 3 hours prior to arriving for your procedure. This includes water.

(The following are some SUGGESTIONS of foods you can eat the 3 days prior to your procedure)

Fruits (seedless and without the peel)	Vegetables (cooked)	Meat, Poultry, Seafood	Other	Low fiber cereals etc. (less than 5grams of fiber)
apples	carrots	Turkey	White breads	Rice crispies
bananas	potatoes	Bacon	White pasta	cornflakes
Pears	squash	Sausage	White rice	Special k
cantaloupe	zucchini	Ham	Dairy Products	Cream of wheat
Oranges	pumkin	Chicken	Pizza	Frosted flakes
Honey Dew melon	kumara	Seafood	Chocolate (no nuts)	Cocoa puffs
watermelon	mushrooms	Beef		Kix
	asparagus	Veal		Golden grahams
	eggplant	Eggs		White rice

Vegetarians

(NO TOFU or DARK LEAFY GREEN VEGETABLES)

Vegan soups (less than 5 grams of fiber and not whole grain)
Vegan Breads (less than 5 grams of fiber and not whole grain)
Cooked vegetables (reference list above)
Fruits (reference list above)

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CLEAR LIQUID DIET

(The following are some SUGGESTIONS of things you can have **ONE** day prior to your procedure. **No red, orange, purple, or blue. NO DAIRY PRODUCTS (ALMOND AND SOY MILK NOT ALLOWED). BROTH MUST BE CLEAR. NO PROTEIN OR POWDER SHAKES.)**

Coke	Sprite	Jello	Vegetable Broth
Diet Coke	Ginger Ale	Italian Ice	White Grape Juice
Diet Pepsi	Sierra Mist	Popsicles	Apple Juice
Pepsi	Black Coffee	Chicken Broth	
Root Beer	Tea	Beef Broth	

A RESPONSIBLE ADULT MUST ACCOMPANY YOU HOME

By Law, patients who receive anesthesia cannot drive until the next day. You will not have your procedure at the Endoscopy Center unless you are accompanied by a FRIEND or RELATIVE who is 18 years or older. If you do not have a ride home arranged when you check in for your procedure we will have to reschedule you. Your ride must be at the Center to pick you up at the time indicated on your appointment information sheet.

NO TAXIS OR PUBLIC TRANSPORTATION

You MAY NOT take a Taxi home or use any other means of Public Transportation to get home **UNLESS** a friend or relative rides with you. (Cab/bus drivers cannot be held responsible for you in the event of an emergency)

IF YOU DO NOT HAVE A FRIEND OR RELATIVE AVAILABLE

Prior arrangements can be made through professional transportation services. These services are provided by independent companies. If needed, you can arrange transportation with these companies and a professionally trained driver will offer safe transportation for you to and from your procedure. (Additional information is available upon request.)

AFTER YOUR PROCEDURE

Anesthesia typically causes impaired judgment that lasts for several hours following the procedure. Therefore, we advise you not to go to work or make any legal decisions until the next day.

IF YOU HAVE ANY QUESTIONS PLEASE CONTACT THE OFFICE AT (703) 751-5763.