

MIRALAX COLONOSCOPY PREPARATION INSTRUCTIONS

www.GranitePeaksGI.com

phone 801.619.9000

Read all instructions thoroughly.

If you have severe allergies to soy beans or eggs, please contact us immediately.

Preparation Instructions

- **Purchase** at any pharmacy over-the-counter
- **Dulcolax Tablets** (bisacodyl laxative)
- **Miralax** 238 gram bottle
- **Gatorade** 64 ounces (nothing red or purple)
- Mix **ALL** of the Miralax powder with the Gatorade. (Diabetics use reduced calorie Gatorade.)

The Day before your Exam

- The day **BEFORE** your exam eat a light breakfast **PRIOR** to 9:00 AM. **No solid food after breakfast.**
- **Drink plenty of clear liquids!!** (Clear liquids include: water, sports drinks, black coffee, tea, any soda (light or dark), broth, jello, popsicles, juice without pulp) **Nothing Red or Purple**
- **4:00 PM: Take four Dulcolax tablets**
- **5:30 PM: Drink HALF of the total Miralax/Gatorade solution over the next 2 hours.**
- **Continue to drink additional clear liquids throughout the day and evening!**
- A soothing ointment (Desitin, A&D, Vaseline) applied to the anal area will prevent discomfort and skin breakdown.

Day of your Exam

- **4 hours before your arrival time: Drink the remaining half of the Miralax/Gatorade over the next 2 hours.**
- Please drink plenty of clear liquids up until **2 hours before** your arrival time!
- **Nothing by mouth 2 hours before you arrive!!**
- **Bowel movements should be very watery yellow or green, no brown!**

Bring With You

- Bring a list of **prescription** and **over-the-counter** medications you are taking
- Include the dosage/strength and last time the medication was taken
- Complete all paper work that was sent to you and bring it with you
- Bring your Photo ID, Insurance card and information
- If you are sedated, you **MUST** have a responsible driver to drive you home
- **You must have your driver remain in the facility waiting area during your procedure**

Medications

- **Take your regularly prescribed medications** (including heart, blood pressure, asthma, seizure, pain, and anxiety medications.) **If you have an inhaler, bring it with you!**

Patients on Blood Thinners (COUMADIN, WARFARIN, PLAVIX, EFFIENT, PRADAXA)

- **If you are taking blood thinners call your prescribing physician and ASK if you may stop taking the medication for 3 days before your procedure.**
- You **may** continue taking aspirin, ibuprofen, and other anti-inflammatory medication.

Diabetics

- Test your blood sugar before coming in for your procedure and bring the reading with you.
- If you take **oral medication or insulin do not take it** the morning of your procedure.
- **Bring your insulin with you.**
- If you have any questions regarding your oral medication or insulin dosages, please contact the physician that manages your diabetic care.

Nursing Mothers

- After receiving sedation, pump and dump twice before nursing your baby.

If you have any questions after reviewing these instructions, please refer to our website www.GranitePeaksGI.com, or call your physician.