

Miralax Colonoscopy Preparation

Purchase the Following Products:

1. **Dulcolax Tablets** (bisacodyl laxative)
2. **Miralax 238 gram bottle** (to be mixed in the clear liquid choice below prior to drinking)
3. **Gatorade 64 ounce bottle (NOTHING RED OR PURPLE)** - *Sugar-free drinks (G2, PowerAde Zero, Propel or water) are also options*

IF YOU ARE TO BE SEDATED, A RESPONSIBLE DRIVER MUST REMAIN IN THE FACILITY THROUGHOUT YOUR APPOINTMENT. (~90 minutes total). NO EXCEPTIONS.

Please read all instructions thoroughly.

Call us immediately at 801-619-1115

if you have severe allergies to soy beans or eggs.

The Day BEFORE Your Exam:

- Eat a light breakfast prior to **9:00 AM**, then NO SOLID FOOD until after your exam!
- Drink plenty of **CLEAR** liquids throughout the rest of the day (**no lunch or dinner**). **Clear liquids include:** Water, sports drinks, black coffee, tea, any soda (light or dark), broth, Jell-O, popsicles, and juice without pulp. **NOTHING RED OR PURPLE.**
- At **4:00 PM** take four (4) Dulcolax Tablets
- At **5:30 PM** drink half of the total Miralax/Gatorade solution over the next 2 hours
- Continue drinking additional clear liquids throughout the evening.
- A soothing ointment (Desitin, Vaseline) may be applied to the anal area to prevent discomfort and skin breakdown.

The Day Of Your Exam:

- **Four (4) hours** before your arrival time, drink the remaining half of the Miralax/Gatorade solution
- **NOTHING BY MOUTH FOR 2 HOURS BEFORE YOU ARRIVE! (This includes water, gum and mints. NOTHING by mouth.)**
- Bowel movements should be very watery and yellow or green in color. **CALL US IF STOOLS ARE STILL BROWN!**

Medications:

- Take all your regularly prescribed medications at least two (2) hours before you arrive. **If you have an inhaler, please bring it with you.**

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.
- Please contact the physician that manages your diabetic care if you have any questions regarding your oral medication or insulin dosages.

Blood Thinners:

- If you are taking blood thinners, call your prescribing physician and ask if you may stop taking the medication for the required amount of time prior to your procedure.
- You may continue taking aspirin, ibuprofen and other anti-inflammatory medications.

Bring with you:

- **Completed paperwork forms** that were sent to you
- **Photo ID and Insurance Card**
- **List of all medications**, vitamins and supplements you are taking (include dosage and last date and time each medication was taken before your arrival)
- **Wear a short-sleeved shirt**

Arrive at the Endoscopy Center at your scheduled registration time. Call us with any questions regarding your preparation.

Granite Peaks Endoscopy Center

10150 S Petunia Way, Sandy, UT 84092

801-619-1115