






The Gastroenterology Group, Inc.

Colonoscopy Prep Instructions – Miralax Split Dose Prep

PLEASE READ ALL INSTRUCTIONS CAREFULLY WHEN PROCEDURE IS SCHEDULED

5-7 DAYS PRIOR	3 DAYS PRIOR	ONE DAY PRIOR	THE DAY OF PROCEDURE
<p>At PHARMACY – No prescription needed PURCHASE the following:</p>  <ul style="list-style-type: none"> ✓ <u>Bisacodyl (Dulcolax laxative)</u>. 4 tablets – NOT suppositories ✓ <u>Simethicone (Gas-X)</u> 4 tablets ✓ <u>Miralax (Glycolax)</u> 8.3 oz. (238 gm bottle) ✓ <u>64 oz. of Gatorade</u>, or any non-carbonated clear liquid. (Iced Tea, Crystal Light) Select green, yellow, or clear flavors – no purple or red.  <p>If you take medication to thin your blood, such as Coumadin (warfarin), Plavix (clopidogrel), Xarelto (rivaroxaban) or Pradaxa (dabigatran), Eliquis (apixaban), Aggrenox (aspirin/dipyridamole), etc., ask the doctor that prescribed it for instructions prior to stopping the medication. Aspirin may be continued.</p> <p>STOP all fiber supplements or medications containing iron 7 days before your appointment. This includes multi-vitamins with iron, Metamucil, Citrucel and Fibercon.</p> <p>Arrange for a driver on the day of your procedure.</p>	<p>STOP consuming all high fiber foods/roughage.</p> <ul style="list-style-type: none"> • NO raw vegetables • NO corn (raw or cooked) • NO whole wheat or high fiber breads • NO nuts or popcorn • NO bran or bulking agents <p>Confirm that you have a driver for the day of the procedure. A taxi/Bus/Uber/Lyft are NOT allowed unless you are accompanied by a family member or friend.</p> <p>Review paperwork and sign</p>	<p>NO SOLID FOOD NO ALCOHOL Clear liquids ALL DAY</p> <p>AVOID anything red or purple in color. NO milk products or non-dairy creamer. SEE ATTACHED LIST OF CLEAR LIQUIDS</p> <p>DIABETICS: Do NOT take oral medication DIABETA, GLUCOPHAGE, METFORMIN or JANUVIA Take ½ of your regular insulin dose</p> <hr/>  <p>12 NOON: Take 2 Dulcolax tablets. Do not crush or chew. Take 1 (one) Gas-X tablet. Mix the 238 gm bottle of Miralax in 64 oz. of Gatorade or chosen clear liquid. Shake the solution until Miralax is dissolved and refrigerate.</p>  <p>3:00 PM: Take 2 Dulcolax tablets. Do not crush or chew.</p>  <p>Between 4:00 and 7:00 PM: Begin drinking the solution at a rate of 8 oz. every 30 minutes. Drink a total of 6 (six) glasses during this time. This should leave 2 glasses for tomorrow. Take 1 (one) Gas-X tablet. Continue with clear liquids until bedtime.</p>	<p>NO SOLID FOOD NO ALCOHOL</p> <p>DIABETICS: Do NOT take oral medication DIABETA, GLUCOPHAGE, METFORMIN or JANUVIA</p> <ul style="list-style-type: none"> - If you are Insulin dependent, do not take your morning dose of insulin. - You must check your blood sugar before leaving home. If your level is above 300, please take your Regular insulin according to your sliding scale. - Please bring your insulin with you to procedure center. <p>All patients may take morning medications with sips of water.</p> <p>At _____: 4 hours prior to your procedure:</p> <p>Take 2 Gas-X tablets.</p> <p>Drink remaining 2 (two) glasses of Miralax solution. (8 oz. every 20 minutes).</p> <p>You may continue to drink water until: 3 HOURS PRIOR to procedure.</p> <p>Drinking liquids within these 3 hours will cause us to cancel or postpone your procedure. **Also no gum, hard candy, mints and tobacco products in these 3 hours.</p> <p>If you are unsure of your colon cleansing, please call our office at 330-869-0954 for assistance.</p>

A Colonoscopy has been recommended to you. This examination involves guiding a tubular, flexible instrument through the rectum and into the entire colon. The preparation for the procedure is IMPORTANT. It does cause diarrhea and possibly abdominal cramping.

CLEAR LIQUIDS – No RED or PURPLE

Must be something you can see through...



- Gatorade or PowerAde
- Clear broth or bouillon – chicken or beef
- Coffee or Tea (*no milk or non-dairy creamer*)
- Carbonated and Non-Carbonated Soft Drinks
- Kool-Aid or Crystal Light
- Strained Fruit Juices (*no pulp*)
- Jell-O, Popsicles, or Italian Ice

DON'T FORGET - these foods are **NOT ALLOWED!**



- Milk or milkshakes
- Cream or non-dairy creamer
- Orange, Grapefruit or Tomato Juice
- Creamed Soups or any soup other than broth
- Oatmeal
- Cream of Wheat

Colon Cleansing Tips

- ➡ You may use over the counter hydrocortisone creams, tucks pads or baby wipes as necessary for skin irritation. Be sure to get alcohol free!
- ➡ Chill the solution in refrigerator or by placing in a bowl of ice. DO NOT add ice to the solution.
- ➡ Stay near the toilet! You will have diarrhea, which can be quite sudden...this is normal!
- ➡ If you experience nausea or vomiting, rinse your mouth with water and take a break 😊 Wait 45 minutes and then resume drinking the prep. If necessary, slow down, let your stomach settle between glasses.
- ➡ It is common to experience abdominal discomfort until the stool has flushed from your colon.
- ➡ Some find it easier to drink through a straw.
- ➡ Eventually your stools will be liquid, and clear enough to see the bottom of the toilet.
- ➡ If you feel for any reason your prep is not working, please be sure to call us so we can assist you in completing the prep process.
- ➡ **EVEN AFTER STOOLS BECOME CLEAR YELLOW LIQUID – YOU MUST DRINK ALL OF THE PREP!**

THINGS TO BRING WITH YOU!

- ✓ A RESPONSIBLE DRIVER
- ✓ YOUR INSURANCE CARDS
- ✓ A PHOTO ID
- ✓ SIGNED PAPERWORK FOR FACILITY