

MIRALAX PREP

PLEASE READ THE PREP INSTRUCTIONS NOW TO KNOW THE STEPS WELL AHEAD OF THE PROCEDURE DATE.

IF YOU HAVE ANY QUESTIONS ABOUT THE PREP INSTRUCTIONS, PLEASE CALL OUR APEX OFFICE: 302-225-2380.

Your Procedure is scheduled on _____ Time _____
 You need to arrive _____ minutes before the scheduled time to

Mid-Atlantic EndoCenter,
 4923 Ogleton-Stanton Road, Suite 100,
 Newark, 302-993-0310

Glasgow Medical Center, 2nd Floor,
 2600 Glasgow Avenue, Newark
 302-836-8350

Christiana Hospital GI Lab, Station 5,
 4755 Ogleton Stanton Rd.
 Newark, 302-733-1400

Wilmington Hospital GI Lab, 7th floor
 501 W 14th St, Wilmington DE
 302-428-2817

HIGHLIGHTS OF THE MIRALAX PREP:

YOU NEED TO BUY THE FOLLOWING ITEMS:

- **One 64 oz or Two 32 oz bottles of Gatorade** (no red colors). If you do not like Gatorade OR if you have diabetes, you may **use water** 64 oz and mix it with **crystal light powder** (optional for enhancing flavor, no red color). Refrigerate Gatorade if you prefer to drink it cold.
- **Dulcolax laxative tablets** (not suppository or stool softener and you will need 6 tablets for the prep).
- **Miralax 238 gram powder** OTC over the counter (can find in the laxative section).
- **One bottle of magnesium citrate**, 10 oz OTC near laxative section. You will need to use magnesium citrate only if you don't have good results and if you don't have clear output with Miralax preparation.



1 week before the procedure				2 days before the procedure	1 day before the procedure	Day of Procedure
Stop Certain medications, see list below. **				Start Low residue diet (see list below) ##	Start Clear liquid diet (see list below) & take the prep @ @	

****List of medications to stop 1 week prior to the procedure:**

ASPIRIN, bufferin, ecotrin, alleve, naprosyn, motrin, ibuprofen, sulindac or any other (nsaid), **PLAVIX** (check with your cardiologist) **COUMADIN** (check with your cardiologist or PCP), All iron containing medications.

##Low Residue Diet (2 days prior to the procedure)

Allowed: Soup, fish, white meat chicken, eggs, white rice, bread, cracker, plain yogurt (limit 2 cups), clear fruit juices, clear beverages, noodles, spaghetti, macaroni, potato with no skin, soups, broth, bouillon, gelatin, fruit ice, popsicle, jelly, salt, pepper, sugar

Avoid: fruit skins or seeds, all vegetables, raisins, fresh & dried fruits, nuts, seeds, cloves, marmalade

@@ Clear Liquid Diet (1day prior to the procedure)

Allowed: Clear liquid diet is liquid food you can see through. This includes fruit juices (apple, grape), jello, clear broth or bouillon, clear fluids, and various clear sports drinks.

Avoid: Do not have milk products, creams, and cheeses etc, Do not have any item with red dye (red Jell-O, fruit punch, cranberry juice etc. Avoid coffee and tea as it can dehydrate you, Avoid: Everything else not in the "CLEAR LIQUID DIET LIST"

ONE DAY BEFORE THE TEST:

- Drink "**CLEAR LIQUID DIET**" (see list above).
- **At 3PM (day before the test), Take 3 tablets of dulcolax laxative pill with water by mouth. Mix 238 grams of Miralax (entire contents of Miralax bottle) with 64 oz of Gatorade. You can use a pitcher to mix Miralax and Gatorade (or mix it in the Gatorade bottle). Stir/Shake the contents until entire contents of Miralax are completely dissolved.**
- **Starting 5 PM (day before the test) drink 8 oz of Gatorade/Miralax solution every 15 minutes till you finish the ENTIRE SOLUTION. Drink the liquid slowly to prevent nausea, stomach upset. You may drink it directly or use a straw.**
- **TAKE 3 MORE TABLETS OF DULCOLAX after finishing the Miralax solution.**
- **Drink plenty of clear liquids.**
- **You can stay on clear liquids up until 4 hours from the scheduled procedure time.** This applies only to clear liquids (see list above). If you consume anything else, procedure could be cancelled. **Also don't consume any clear liquids (or chewing gums) in the last 4 hours from the scheduled time. Nothing by mouth 4hours before procedure (this includes gum, mints and hard candy)**
- If you don't have a clear output after consuming the entire prep (by the morning of the procedure), please drink a 10 ounce bottle of magnesium citrate 5 hours prior to the scheduled time. You need to follow it with drinking plenty of clear liquids. Don't consume anything after this in the last 4 hours prior to the test.
- You Must Have a Ride to take you home after the procedure.

- **IF YOUR ARRIVAL TIME FOR PROCEDURE IS 12:00 PM OR LATER YOUR RIDE (RESPONSIBLE ADULT) MUST REMAIN IN FACILITY DURING PROCEDURE, OR PROCEDURE MAY BE CANCELLED.**
- This prep often works within 30 minutes but may take as long as three (3) hours. Remain close to toilet facilities as multiple bowel movements may occur.

PLEASE READ BELOW DETAILED INSTRUCTIONS:

Helpful tips:

- Some may develop nausea with vomiting. The best remedy for this is to take a break from the Miralax for about 30 minutes to allow it to move downstream, and then to resume drinking at a slower rate. However, it is important to drink the entire contents of Miralax/Gatorade solution.
- Many have found that drinking the prep through a straw and chilling the solution improves tolerance.
- Use baby wipes instead of toilet paper.
- Have some Vaseline or Desitin handy incase of a sore bottom!

GENERAL GUIDELINES

A Colonoscopy is a test that examines the inside of your large intestines or the Colon. The most common reason for a colonoscopy is to look for colon polyps or Colon cancer. Before a colonoscopy can be performed, you must take medications for a complete Bowel Cleansing. Your colon must be completely empty for the colonoscopy to be thorough and safe. While a colonoscopy is generally safe, risks include bleeding, perforation (puncture in the bowel of the colon), and risk of sedation. A colonoscopy is the best method (95%) to find and remove polyps.

Please inform us before you schedule the procedure if you have any of the following:

- Have an internal defibrillator
- Latex allergy
- Take coumadin or plavix
- Take antibiotics for dental procedures
- Are on home oxygen

If you are diabetic:

- Hold your diabetic medication the morning of the test.
- Use sugar free drinks for liquids (like crystal light) during the prep (to avoid increase in blood sugar) and monitor your blood sugar closely to prevent low blood sugar)

REMEMBER

- **YOU MUST HAVE A RIDE AFTER THE PROCEDURE!** A responsible adult must come pick you up. Going in a taxi or bus by yourself will not be allowed. **IF YOUR ARRIVAL TIME FOR PROCEDURE IS 12:00 PM OR LATER YOUR DRIVER MUST STAY IN FACILITY, IF YOUR RIDE IS NOT HERE YOUR PROCEDURE MAY BE CANCELLED.**
- You can have clear liquids (see below for list of clear liquids) up until 4 hours from the scheduled time of the procedure. This applies only to CLEAR LIQUIDS and nothing else (including gums and candy), otherwise procedure will be CANCELLED. No solid food from 24 hours prior to the procedure.
- **HAVE A CLEAR LIQUID DIET THE DAY BEFORE THE TEST.** Drink plenty of fluids! A colonoscopy preparation can cause dehydration and loss of electrolytes if you do not!

**Good luck with the prep! If you have any questions, just give us a call.
Remember, a complete prep ensures a thorough examination of your colon!**