

SPLIT DOSE MIRALAX COLONOSCOPY PREP

Seven Days Prior to Your Colonoscopy

- ✓ Stop taking Aspirin and NSAID's (Ibuprofen, Advil, Motrin, Aleve, Excedrin, Naprosyn, Mobic, etc.). You are allowed to take Tylenol
- ✓ Stop taking Multivitamins, Vitamin E, Iron, Fish Oils (Omega Fatty Acids, Lovaza, Vascepa)
- ✓ **If you take BLOOD THINNERS** like Coumadin (Warfarin), Plavix (Clopidogrel), Aggrenox (dipyridamole), Brilinta (ticagrelor), Lovenox (enoxaparin), Pletal (cilostazol), Pradaxa (dabigatran), Eliquis (apixaban), Xarelto (rivaroxaban), Effient (prasugrel), Savaysa (Edoxaban) or any blood thinner discuss with your Primary Doctor when these medications should be stopped prior to your procedure
- ✓ **If you are a DIABETIC**, check with your Primary Care Doctor about what to do with your diabetic medication the day before and the day of the procedure

Three Days Prior to Your Colonoscopy

- ✓ Eliminate Nuts, Seeds, Grains and Raw Vegetables. Reduce your portion of Salad
- ✓ Purchase **1 Large Bottle (238 grams) of Miralax** which is sold over the counter
- ✓ Purchase **1 Box of Dulcolax --bisacodyl 5mg tablets (NOT Ducolax stool softener)** which is sold over the counter.



- ✓ Purchase **64 ounce** of your favorite drink; **Gatorade OR Crystal Light OR Snapple OR Vitamin Water**. Any flavor except those with a RED color
- ✓ Purchase a box of baby wipes (moist wipes)
- ✓ Purchase a big wide straw (like you would use for a milkshake) to make drinking the solution easier

The Day Before Your Colonoscopy

- ✓ Follow **Clear Liquid Diet** (next page) for the whole day but up until 1:00 pm you will be allowed to have Yogurt, Smoothie, and Ice Cream. After midnight you are **NOT** allowed to have anything by mouth until the colonoscopy is completed the next day
- ✓ Place the drink you purchased in a pitcher and mix in the entire bottle of Miralax. Stir the solution well so the Miralax can dissolve, then refrigerate to make it chill.
- ✓ At _____ take 2 Ducolax tablets. One hour later start drinking one 8oz glass of the solution on ice every 20 minutes until the HALF pitcher is consumed.
- ✓ **To ensure a complete and thorough examination, complete the bowel preparation as stated above.** You may experience **Abdominal Cramps** and **Lightheadedness**—if this happens Lie Down, Elevate Your Feet, Place Cold Compress on your head and Drink Water
- ✓ After going to the bathroom, use only the baby wipes (moist wipes) to prevent irritation
- ✓ Place a napkin or pad in your underwear prior to bed because leakage may occur while sleeping
- ✓ At _____ take 2 Ducolax tablets. One hour later start drinking one 8oz glass of the solution on ice every 20 minutes until the other HALF pitcher is consumed.

The Day Of The Colonoscopy

- ✓ Unless otherwise instructed by your doctor, take all your **prescription** medications with a sip of water
- ✓ Do not smoke the day of the procedure
- ✓ You must arrive **30 MINUTES** prior to the scheduled procedure.
 - ❑ Star Surgical Suites: 623 Stewart Avenue Garden City Suite 101, NY 11530
(516) 222-(STAR)
- ✓ Because of the medication you will receive during the procedure, **someone must accompany you home**. For the remainder of the day you will be required to rest at home and not operate a vehicle

Clear Liquid Diet

This diet consists of food products that are clear (things you can see through). The purpose of this type of diet is to limit the amount of food residue in the colon in order to be able to thoroughly examine the colonic wall during your colonoscopy.

Food Category	ALLOWED
Beverages	Water, Tea or Coffee(without milk), Apple Juice, Grape Juice, Soda, Ginger Ale, Gatorade, or other Clear Drinks
Desserts	Plain Jell-O (no red color), Water Ices (Italian Ices), Popsicles, Sorbet
Soups	Fat Free Broth, Fat Free Bouillon, Fat Free Consommé
Sweets	Hard Candy, Honey, Sugar

The above diet should be **followed strictly** in order to help ensure a thorough colonoscopy exam. No other foods are allowed with this diet, some examples of foods NOT allowed are listed below.

NOT ALLOWED
Milk, Cheese, Breads, Ice Creams, Sherbet, Eggs, Fruits, Vegetables, Meat, Poultry, Fish

Keep yourself well hydrated