

# Miralax Instructions for Colonoscopy

Patient: \_\_\_\_\_ Date: \_\_\_\_\_ Admit time: \_\_\_\_\_

Procedure At: Lincoln Surgery Endoscopy Services  
1730 S. 70<sup>th</sup> St, Suite 120, **Entrance D**  
Lincoln, NE 68506

Phone 402-484-9050 / Fax 402-483-5653  
Monday – Thursday 7:00 AM – 3:30 PM  
Friday 7:00 AM – 2:00 PM

## Preparing For Your Exam

### Five days prior to your procedure:

- **STOP** your medications that have blood thinning effects. Examples: **Motrin, Ibuprofen, Aleve, Celebrex, and arthritis medications.** Tylenol and Aspirin are okay. (If you are on Coumadin, Plavix, Xarelto or any other anticoagulant/antiplatelet medication you must contact your Primary Care Physician for instructions.)
- **Diabetics:** If you are diabetic and take insulin, call your Primary Care Physician for instructions. Please check your blood sugar/glucose before leaving your home.

### One day before your procedure:

- **NO FOOD all day!** Drink only CLEAR LIQUIDS (see below) starting when you wake up in the morning, throughout the entire day and up until 2 hours before your scheduled admit time. The more clear liquids you drink, the better the prep solution will work and the better you will feel. Below is a list of clear liquids that you may have. Please note that no red dye is allowed (no red Jell-O, red drinks, etc.). Please limit all dark beverages such as tea, soda, coffee, etc. to 2 cups daily.

### Examples of Clear Liquids (NO RED DYE)

<u>Soda</u>	<u>Juice</u>	<u>Sports drinks</u>	<u>Other Options</u>	
All Sodas	Apple	Gatorade	Coffee/Tea (limit 2)	Water
Root Beer (limit 2)	Cranberry	Powerade	Crystal Light	Popsicle
Sprite/7UP	Grape	All Sport	Jell-O	
Coke/Pepsi (limit 2)	White Grape	Propel	Broth/Bouillon	

### Day before your procedure at 5:00 PM:

- At 2:00 PM take 4 Dulcolax tablets (5mg each) and continue drinking clear liquids.
- At 5:00 PM, mix together the 238 g bottle (this is a 14 oz-daily dose bottle) of Miralax with 64 ounce of a sports drink in a pitcher. Drink an 8 oz glass of solution every 10-15 minutes until gone, completing prep by 7:00 PM.
- Drink plenty of clear liquids thereafter.** Again, the more you drink, the better the prep works and the better you will feel.

**\*\*\* If your prep is not working by 9:00 PM or if you are vomiting, please call physician at 402-441-5600\*\*\***

### Day of your procedure:

- Your stools should look clear/yellow (urine like) and you should be able to see through the liquid to the bottom of the toilet.
- **Continue to drink clear liquids until two hours prior to your scheduled admit time,** then nothing more to drink.  
You may:
  1. Take your morning heart, blood pressure or seizure medication with sips of water.
  2. Brush your teeth and gargle in the morning.
  3. Do **NOT** smoke, chew tobacco, chew gum or suck on hard candy!

Please show up for your procedure at the admit time written at the top of this sheet.

**\*\*\*Due to the sedation, you MUST have a responsible person with you and they MUST stay in our facility or your test will be cancelled. Taxi or bus rides are not allowed unless accompanied by a responsible adult.\*\*\***

Please check our website [www.lincolngi.com](http://www.lincolngi.com) for more information and recommendations.