

Colorectal Surgery Associates, P.C.

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INSTRUCTIONS FOR MIRALAX COLONOSCOPY PREP

TWO WEEKS BEFORE COLONOSCOPY: Stop herbal and weight loss pills.

ONE WEEK BEFORE COLONOSCOPY:

Purchase the following items from your pharmacy:

- 1) Magnesium Citrate, one bottle, over the counter
- 2) Dulcolax tablets 4 tablets, or similar store brand, over the counter
- 3) Fill the prescription for Miralax 255 grams.

ONE WEEK BEFORE COLONOSCOPY, STOP THE FOLLOWING MEDICATIONS:

- **COUMADIN**
- **Plavix**
- **Aspirin (YOU MAY TAKE TYLENOL)**
- **Fish Oil**
- **Vitamin E**
- **Cardiotabs**
- **Lovenox**

PLEASE NOTE: IT IS THE PATIENT'S RESPONSIBILITY TO NOTIFY THE DOCTOR WHO PRESCRIBED THE ABOVE MEDICATIONS THAT YOU ARE HAVING A COLONOSCOPY. IT IS NECESSARY TO STOP THESE MEDICINES FOR 1 WEEK AS THEY HAVE BLOOD THINNING CAPABILITIES AND MAY INTERFERE WITH CLOTTING. Please ask the prescribing doctor to call our office if stopping the above medicine for 1 week isn't advisable.

- PLEASE MAKE ARRANGEMENTS FOR SOMEONE TO DRIVE YOU HOME AFTER THE COLONOSCOPY. (PUBLIC TRANSPORTATION OR WALKING IS NOT ALLOWED). YOUR COLONOSCOPY WILL BE CANCELED IF YOU DO NOT HAVE A DRIVER.
- PLEASE CALL OUR OFFICE 816-941-0800 WITH SPECIFIC QUESTIONS ABOUT YOUR MEDICATIONS.
- **DIABETIC PATIENTS:** Please speak with your physician that treats your diabetes regarding any possible change in the dosage of your insulin or oral hypoglycemic agents on prep day and procedure day.

24 HOURS BEFORE COLONOSCOPY:

THE DAY BEFORE YOU WILL BE ON A CLEAR LIQUID DIET ONLY:

Clear liquids include: Strained fruit juices without pulp, water, clear broth or bouillon, black coffee or tea (without milk or non-dairy creamer). Jell-O is OK without fruit in it. Avoid any red or purple colored products in your diet that day, it may be eliminated in your intestine and affect the examination.

- **At 3:00pm DRINK ONE BOTTLE OF MAGNESIUM CITRATE.**
- **30-45 minutes after drinking the Magnesium Citrate take 2 DULCOLAX TABLETS with 8 ounces of water.**
- **ONE HOUR after taking the DULCOLAX, mix a 64 ounce bottle Gatorade (any flavor except red or purple) with the entire bottle of the prescribed MIRALAX 255 grams (ignore the bottle directions on the Miralax). Drink this within a 2 hour period.**
- **After drinking the MIRALAX/GATORADE mixture, take the last 2 DULCOLAX TABLETS.**
- **Take your regular medicines (omit diuretics as you will lose fluid with the bowel prep. Also omit fiber and stool softener on prep day).**
- **Diabetics should follow directions of their diabetic doctor about dosage of insulin or oral hypoglycemic agents on prep day.**

DAY OF COLONOSCOPY:

- Patient may have clear liquids until **Nothing by mouth after**
- **Patient may take heart, lung, blood pressure, or seizure medicine with sip of water per regular routine prior to colonoscopy. NOTIFY THE NURSE IN THE GI LAB WHAT MEDICATIONS YOU HAVE TAKEN TODAY.**
- **SPECIAL INSTRUCTIONS FOR DIABETICS:** Your insulin or oral hypoglycemic dosage may need to be adjusted during your prep and on the day of procedure. Please call your primary care physician and get instructions on changes in your regular routine.
- Report to hospital as instructed above.

AFTER THE COLONOSCOPY:

- Sedation is given during the colonoscopy. YOU **CAN NOT** DRIVE YOURSELF HOME. YOU MUST HAVE SOMEONE DRIVE YOU HOME.
- If the doctor took any biopsies or removed any polyps, please call our office in one week for results (816-941-0800).
- Someone should stay with you at least 6 hours after discharge from the hospital.
- On the day of the colonoscopy you should not drive, use heavy machinery, or sign legal documents.
- You may resume your normal activities the next day.

PLEASE CALL OUR OFFICE WITH ANY QUESTIONS (816-941-0800)