GRANGER MEDICAL CLINIC

General Surgery

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MiraLAX Bowel Preparation Instructions

Purchase Supplies

- 4 – 5 mg bisacodyl (Dulcolax) tablets.
- 1 – 238 gram bottle of polyethylene glycol (MiraLAX).
- 64 oz bottle of clear liquid such as Gatorade/Powerade. You'll be mixing the MiraLAX powder with the 64 oz of clear liquid. AVOID RED DYE.

5 Days Prior to your Exam:

- Ideally, anti-clotting medications are stopped 5 to 7 days prior to your colonoscopy to reduce the risk of bleeding during or after your procedure. If you take anti-clotting medications such as **Coumadin, Plavix, Pradaxa, Effient, Brilinta, Eliquis, or Xarelto,** then please discuss these medications with the prescribing physician (ie: cardiologist, neurologist, or primary care doctor). **Please let us know if you are not allowed to stop these medications.**
- If you have diabetes, your primary care provider will advise you how to manage your medications prior to the colonoscopy (i.e. insulin)

3 Days Prior to your Exam:

- Avoid nuts, seeds, whole wheat bread, beans, corn, raw vegetables or fruits with seeds or skin.

2 Days Prior to your Exam:

- You may eat a regular dinner, but stop eating solid foods after 7:00 pm.
- You may continue to drink clear liquids. This means liquids you can see through such as apple juice, water, Sprite, Jell-O, Coffee (no creamer), tea, clear chicken or beef broth, clear Gatorade/Powerade, or Crystal Light. No milk or pulp products. Avoid anything with red dye.

1 Day Prior to your Exam:

- **Restrict your diet to clear liquids. No solid food until after the procedure. Stay Hydrated!**
- At 8:00 am, take 2 – 5 mg bisacodyl (Dulcolax) tablets.
- At 3:00 pm, take 2 more 5 mg bisacodyl (Dulcolax) tablets.
- At 5:00 pm, mix the 238 gram bottle of polyethylene glycol (MiraLAX) with 64 oz of clear liquid divided into equal amounts. Shake the solution until the MiraLAX has dissolved.
- Drink an 8 oz glass of the solution every 10-15 minutes until the first bottle of solution is gone. You may continue to drink clear liquids after the solution is gone.
- Four hours prior to your procedure, repeat drinking the second bottle of solution in a similar fashion until this is also gone.
- You may continue clear liquids until two hours prior to your procedure time.
- If you prefer, you may mix the MiraLAX with the 64 oz of clear liquid (divided into two equal portions) in the morning and refrigerate the solution. Then start drinking the solution at 5:00 pm as directed.
- You may apply zinc oxide or petroleum jelly to anal area to prevent irritation. Baby Wipes or adult diapers may be considered.

The Day of your Exam:

- **Remember not to have any food until after your procedure!**
- You may have only clear liquids up until 2 hours prior to your procedure start time. We must insist on this "nothing by mouth" time for patient safety. Do not have anything by mouth after this pint, as your stomach must be completely empty at the time of the procedure.
- If you have diabetes, test your blood sugar before coming in for your exam and bring the reading with you. If you take oral medications for your diabetes, you don't take them the morning of your procedure unless otherwise instructed by your doctor. If you take insulin, take only ½ of your usual morning dose and bring the insulin with you to the procedure.
- You may take your usual medications (i.e. for blood pressure). Any medications taken the day of your procedure may be taken with a small sip of water, **at least 6 hours before your procedure.**

Other Information:

- The hospital will call you the day before your procedure with a time that you will need to arrive at the hospital and any other important information that you will need to know prior to surgery.
- You must have someone available to drive you home after your colonoscopy.
- You may receive up to 4 separate bills: 1-facility, 2-physician, 3-pathology, 4-anesthesia
- Wear comfortable clothing. Bring your glasses, hearing aids, insurance cards and identification cards.
- If you must cancel or reschedule your procedure, please give notice 2 full business days in advance.