



THE COLON AND RECTAL CLINIC

FT. LAUDERDALE

Committed to Excellence
In Surgical Care of
the Colon and Rectum.

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Colonoscopy: Miralax Preparation

The information outlined below is critical, and must be followed in the strictest of manners prior to surgery.

Purchase from any pharmacy:

- 4 (four) Dulcolax Laxative tablets (sold over the counter)
- 238 grams bottle of Miralax (Polyethylene Glycol)
- 1 bottle of Magnesium Citrate (standard size); clear bottle only
- 2 liters of lighter colored Gatorade (Crystal Light Lemonade for Diabetics)

DO NOT USE ANY RED, ORANGE OR PURPLE LIQUIDS!!!!!!

Stop the following medications 7 days prior to your procedure:

Blood Thinners: Coumadin, Wafarin, Lovenox, Plavix, Persantine, Aspirin, Ascriptin, Ectrin, Emprin, Excedrin, Percodan

Anti-Inflammatory Drugs: Ibuprofen (Advil, Motrin, Midol, Nuprin), Daypro Diclofenac (Voltaren), Naproxen (Aleve, Anaprox, Naprosyn), Sulindac (Clinoril), Piroxicam (Feldene), Idomethacin (Iodic in), Lodine, Relafen, Tolectin (Tolmetin), Ketoralac (Toradol), Celebrex, Vioxx, Bextra

Other: Iron Pills, Alka-Seltzer, Vitamin E, Fish oil

You can take Tylenol if needed.

PLEASE DO NOT TAKE ANY MOTRIN, ADVIL, ALEVE OR ASPIRIN PRODUCTS, COUMADIN OR OTHER BLOOD THINNERS, INCLUDING VITAMINE E, OR ANTI-INFLAMMATORIES FOR AT LEAST 7 DAYS PRIOR TO YOUR PROCEDURE. TAKE TYLENOL FOR PAIN OR HEADACHES AS NEEDED. IF YOU HAVE HIGH/LOW BLOOD PRESSURE OR HAVE A HEART CONDITION... PLEASE TAKE YOUR MEDICATION THE MORNING OF YOUR COLONOSCOPY WITH A SMALL SIP OF WATER.

On the Day Before Your Procedure

Before 10:00 A.M. have a light breakfast, then clear liquids for lunch and dinner...NO SOLID FOOD

- 2:00 P.M. – one bottle of Magnesium Citrate (standard size) clear bottle
- 3:00 P.M. – take 1st Dulcolax by mouth (will be taken every 15 minutes)
- 3:15 P.M. – take 2nd Dulcolax pill by mouth
- 3:30 P.M. – take 3rd Dulcolax by mouth
- 3:45 P.M. – take the last Dulcolax pill by mouth
- 5:00 P.M. – begin drinking Miralax Mixture, drink all the mixture by 8:00 P.M.

Mix Miralax – add one bottle of Miralax (238 grams) to 2 liters – 64 oz of lighter colored Gatorade or Crystal Light Lemonade

(You can start the prep earlier than 2:00pm if you prefer)

Clear Liquid Diet Includes:

Water, Apple juice, clear Gatorade, Crystal light lemonade, Powerade, clear chicken broth, Jello, Sprite, Coffee, Tea, Lemon ice pops, Coffee and/or Tea (**NO MILK OR CREAMER**), chicken broth.

NOTHING TO EAT OR DRINK AFTER MIDNIGHT!!

On the day of the Colonoscopy:

Take the usual morning medications with a small amount of water before 6:00am. DO NOT take any diabetic medication in the morning of the procedure unless directed by your physician.

Very Important: YOU WILL NOT BE PERMITTED TO DRIVE after your procedure. Please make arrangements to have someone drive you home.