



**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 (Iodicin), 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.