

MiraLAX®
PREPARATION INSTRUCTIONS

Patient _____ Doctor _____

Location _____ Date of Procedure _____ Arrival Time _____ AM PM

For your procedure, you will need to drink a laxative solution to clean your colon. You must drink the entire solution for the most effective cleansing. **Read these instructions completely before beginning the preparation!**

This MiraLAX® preparation does NOT require a prescription and has been shown to be equal to other colonoscopy preparations. If your physician has prescribed a colonoscopy preparation for you, please follow his or her instructions. It is very important you **do not** take two different colonoscopy preparations. For questions or concerns, please call Charlotte Gastro at 704-377-4009.

MEDICATION:

If you normally take the following medications, please contact the prescribing physician to make sure it is okay to stop them for the recommended number of days.* If your prescribing doctor says that it is not okay to stop, please contact our office. Do not stop aspirin for the procedure.

Medication	Recommended Days to Stop Prior to Procedure*
Coumadin, Plavix, Effient, Brilinta	5 days
Xarelto, Eliquis	2 days
Phentermine	14 days

PURCHASE:

- Miralax/Glycolax - one (1) 238-gram bottle
- Magnesium Citrate - one (1) 10-ounce bottle
- Gatorade - 64 ounces CLEAR (not red or purple)

FOUR (4) DAYS BEFORE YOUR COLONOSCOPY:

Discontinue eating any corn, tomatoes, potato chips, nuts, popcorn, or any fruit/vegetable with small seeds in it. Also avoid iron tablets, fiber supplements, and oil-based supplements (fish oil, vitamin D, etc).

ONE (1) DAY BEFORE YOUR COLONOSCOPY:

Start clear liquid diet for the entire day which includes: broth, bouillon, black coffee, tea, popsicle or jello (not red), juices that are pulp-free and clear (apple, white grape). **No milk or milk products! NO SOLID FOODS!** Drink a minimum of 8 ounces (1 cup) of fluids every hour while awake to help clean your colon.

ONE (1) DAY BEFORE YOUR COLONOSCOPY (CONTINUED):

MORNING:

Put the bottle of Gatorade (G2) in the refrigerator to chill. Start clear liquid diet as described above.



Noon:

Pour the magnesium citrate over ice and drink.



5:00 pm:

Pour the bottle of MiraLAX® and 64 ounces of Gatorade into a large pitcher and mix well until MiraLAX® is completely dissolved. Drink one (1) 8-ounce glass every 10-15 minutes until HALF of the mixture is gone.



*If you experience nausea, slow down the pace of drinking or take a short break, then resume drinking. **It is important to continue drinking clear liquids until bedtime.***

6 HOURS BEFORE YOU LEAVE FOR YOUR PROCEDURE: Drink the remaining prep solutions until all is gone.

Please Note: Depending on your procedure time, taking the second dose of SUTAB may involve getting up in the middle of the night.

DO NOT EAT OR DRINK ANYTHING ELSE AFTER FINISHING THE FINAL GLASS OF SOLUTION. NO GUM/MINTS/HARD CANDIES/ICE ON THE DAY OF YOUR PROCEDURE.

If you take blood pressure medication, you can take it the morning of your procedure with a sip of water.

Someone at least 18 years of age or older must bring you to the procedure, remain at the facility during your procedure and take you home afterwards. Otherwise, your procedure will be canceled. If you have any questions, please call 704-377-4009.