

# MIRALAX (POLYETHYLENE GLYCOL)

## COLONOSCOPY INSTRUCTIONS

Try to avoid fruits and vegetables for 2 days before colonoscopy.

**Medications that must be stopped *FIVE* days before the procedure:** Aspirin, Plavix (clopidogrel), Coumadin (warfarin), and NSAIDS (eg: Motrin, Advil, Naproxen, Celebrex, Ibuprofen)

*Tylenol, Percocet, Vicodin, Tramadol (Ultram), OxyContin are **OKAY** and can be continued.*

**ONLY FOR DIABETICS: *Do not*** take insulin or diabetes medications on the day of the procedure. Avoid SUGAR-FREE items on the day before procedure, otherwise you will have low blood sugar.

### INSTRUCTIONS FOR THE DAY BEFORE COLONOSCOPY:

***You must remain on a CLEAR liquid diet the entire day before your procedure.***

Clear liquids include: Water, Strained fruit juices (no pulp) including apple, white grape or white cranberry, Limeade or lemonade, Coffee or tea (do not use any milk/cream, you may use sugar or lemon), Chicken broth, soda, Gatorade (yellow only), popsicles (no red), Jell-o (no red). Please **do not** have any dairy products or **anything red** in color.

### **Around Noon, create your Miralax solution and refrigerate if you like it cold.**

Mix the Polyethylene Glycol powder (255 gm) with 64 ounces of any clear liquid, e.g. apple juice, limeaid, etc. (Best is to mix it with 64 ounce container of White cranberry Juice) and chill in the refrigerator.

### **Around 3 p.m., take 2 Dulcolax (bisacodyl) tablets and 2 Simethicone tablets**

### **Around 5 p.m., start drinking the Miralax solution**

Start drinking the Miralax (Polyethylene Glycol) solution as tolerated (best way is 8 ounces ever 15-20 minutes) until it is finished. If you feel nauseous or bloated, stop and rest.

### **Around 7 p.m., take the remaining 2 Dulcolax (Bisacodyl) tablets and 2 Simethicone tablets**

You may continue drinking clear liquids until midnight.

### THE DAY OF THE COLONOSCOPY:

**Do not eat or drink anything after midnight.** Medications are to be taken AFTER the procedure is over.

1. You **CANNOT** drive for the whole day, so you need a ride
2. Take **ONLY** your Blood pressure and seizure medications with a tiny sip of water.
3. Remove **ALL** jewelry
4. If you have asthma, bring your inhalers