

## TWO DAY MIRALAX COLONOSCOPY PREPARATION - (Prep D)

DATE: ARRIVAL TIME:

LOCATION:  ENDOSCOPY CENTER OF DELAWARE  CHRISTIANA HOSPITAL GI LAB

If you take Plavix (clopidogrel), Effient (prasugrel), Brilinta (ticagrelor), Ticlodipine, Persantine (dipyridamole), Pletal (cilostazol), Aggrenox, Agrylin (anagrelide), Coumadin (warfarin), Jantoven (warfarin), Lovenox (enoxaparin), Pradaxa (dabigatran), Eliquis (apixaban, Xarelto (rivaroxaban), Savaysa (Edoxaban) or any other medication which has been classified as a blood thinner please contact our office for special instructions at least 7 days before your procedure..

### Purchase at the pharmacy:

Four Dulcolax laxative tablets

8.3 oz. (238-gram) bottle of Miralax

One 64-oz. bottle or two 32-oz. bottles of CLEAR Gatorade, Crystal Light, or any non-carbonated clear liquid

Two 10 oz (300 cc) bottles of magnesium citrate. Avoid cherry flavored magnesium citrate

### One Week Prior to the Exam:

Discontinue iron supplements.

### Five Days Prior to the Exam:

Avoid seeds, nuts, corn, and any other forms of high Fiber (whole W heats) Do NOT take Metamucil/Citrucel.

**BEGINNING 48 HOURS BEFORE YOUR PROCEDURE, DO NOT EAT ANY SOLID FOOD. You can eat plain jello, as long as it is not red.**

**YOU MAY DRINK ONLY CLEAR LIQUIDS that you can see through, such as water, tea, fruit juices (without sediment no orange juice), broth, or carbonated beverages such as Sprite, Coca Cola, Pepsi, or ginger ale. You may also drink coffee without milk.**

At 5 PM drink one 10 oz bottle of magnesium citrate.

### One Day Prior to the Exam:

Continue to refrain from eating any solid food.

Continue drinking only clear liquids until bedtime.

At 3:00 P.M. take four Dulcolax laxative tablets.

At 5:00 P.M. mix the entire 238-gram bottle of MiraLax into the 64 ounces of clear liquid (such as Gatorade or Crystal Light) that you purchased at the pharmacy. Shake the solution until the MiraLax is dissolved.

Drink an 8-oz. glass of this mixture every 10-15 minutes until the solution is gone.

### Day of the Exam:

**YOU MAY TAKE YOUR MEDICATIONS WITH A SMALL AMOUNT OF WATER AT LEAST 2 HOURS PRIOR TO YOUR ARRIVAL TIME. DO NOT EAT OR DRINK ANYTHING (EVEN SIP OF WATER) IN THE 2 HOURS PRIOR TO YOUR ARRIVAL TIME. FAILURE TO FOLLOW THE ABOVE COULD RISK YOUR PROCEDURE BEING CANCELLED BY ANESTHESIA.**

Take one bottle (10 oz.) of magnesium citrate four (4) hours prior to your arrival time.

**IF YOU ARE A CURRENT SMOKER PLEASE REFRAIN FROM SMOKING ON THE DAY OF YOUR PROCEDURE**

On the day of the procedure you must arrange for transportation with a responsible adult, as you will be receiving general anesthesia for the procedure. Public transportation, i.e., taxi or bus, is not acceptable.

Vomiting is not an uncommon reaction to these laxatives. If vomiting occurs less than one hour after you take your laxative, stop for one hour, then resume slowly. If you have vomiting more than one hour after you take your laxative, your preparation will be fine.

Failure to show for your appointment or less than 72 business-hour notification of cancellation may result in a charge of \$100.00 not payable by your insurance company.