

## Preparation Instructions: Colonoscopy MiraLAX (Polyethylene Glycol)/Dulcolax (Bisacodyl)

Seven (7) days before your procedure	
<b>STOP: (Unless otherwise instructed by your physician)</b> <ul style="list-style-type: none"> <li>➤ Iron, Multivitamin with Iron, fish oil, Omega 3 and Vitamin E</li> <li>➤ NSAIDs including: Aspirin, Ibuprofen (Motrin, Advil), Naproxen (Aleve, Naprosyn), Goody's, and similar medications.</li> </ul>	<b>Take:</b> <ul style="list-style-type: none"> <li>➤ All regular medications (especially blood pressure/cardiac, seizure, cholesterol, anxiety and pain medications etc.</li> <li>➤ Acetaminophen (Tylenol).</li> </ul>

- ✓ Blood thinners such as Plavix, Warfarin (Coumadin), Heparin, Lovenox, Aggrenox or Pletal, please consult your physician about stopping these medications before the procedure.
- ✓ **Recent blood work may be necessary before your procedure date**

The day before your procedure	
<b>STOP: (In addition to above)</b> <ul style="list-style-type: none"> <li>➤ <b>DO NOT</b> eat any solid food (food you cannot see through).</li> <li>➤ <b>DO NOT</b> drink any liquids you cannot see through (milk, cream, soup and Coke etc).</li> <li>➤ <b>Do not</b> drink any liquids that are the colors red, blue or purple (It will alter the test).</li> </ul>	<b>Take:</b> <ul style="list-style-type: none"> <li>➤ Water and clear liquids ((<b>ANYTHING THAT YOU CAN SEE THROUGH</b>, such as chicken broth, beef broth, vegetable broth, jello, popsicles, tea, coffee (no cream), apple juice, white grape juice, Gatorade, water and clear soda).</li> </ul>

- ✓ The day before your procedure **At 9 AM**, take two Dulcolax (Bisacodyl) tablets. **At NOON** mix the MiraLAX (Polyethylene Glycol) in the 64 oz. **Gatorade**. Drink 8 oz. every 10-15 minutes until finished. At 3 PM, take the last two Dulcolax/Bisacodyl tablets. Continue drinking clear fluids until bedtime. **YOU CANNOT HAVE FOOD OR DRINK AFTER MIDNIGHT!**

Day of your procedure: NO FOOD OR DRINK!	
<b>Do Not Take:</b> <ul style="list-style-type: none"> <li>➤ Do not eat or drink anything the morning of your procedure.</li> <li>➤ Do not take any medications until after your procedure except blood pressure, heart, or seizure medications (see right).</li> <li>➤ Do not take Diabetic pills.</li> </ul>	<b>Take:</b> <ul style="list-style-type: none"> <li>➤ If you are on <b>blood pressure, heart, pain or seizure medications</b> please take them at <b>6 AM</b> with a small sip of water. If you are diabetic, check your blood sugar. If greater than 200, take ½ of your morning insulin. Your blood sugar will be checked before your procedure.</li> </ul>

**You MUST have someone with you to drive you home. Your procedure will not be performed unless you have a ride. Only if you have an escort may you leave by taxi. (Call with questions: 904-244-3735**

- ✓ Purchase over the counter: \*238 gram bottle of MiraLAX \* 64 Oz. Gatorade (no red, or purple) \*4 Dulcolax (laxative)tablets