

Colonoscopy Instructions - Miralax

Important Notes: Colonoscopies are most successful on a **FLUID** diet alongside bowel preparation solution.

- You **MUST** have someone drive you home after the procedure. Please arrange your ride accordingly.
- Please bring your insurance cards and photo identification on the day of your procedure.
- Please purchase the following from your pharmacy: Miralax, Dulcolax (Bisacodyl), Gas-X (simethicone)
- If you have a history of unsuccessful bowel preparation or severe constipation (less than 2 BMs a week), we recommend a 2 day enhanced bowel preparation with an adjuvant agent. If Dr. Zheng did not discuss this with you during your pre-op, please notify us 7 days in advance, and we will guide you through the preparation.

5-7 Days Prior to the Procedure:

- Please **stop** consuming high fiber foods, such as salads, seeds, cereal, nuts, popcorn, fiber or iron supplements.
- Consume Miralax OTC (17 g, diluted in 8 fluid ounces water, juice, soda or coffee) orally 1-2 times daily
- Please **stop** taking the following medications:
 - Blood thinners/anticoagulants: Coumadin (warfarin) and Jantoven
 - Antiplatelet medications: Plavix, Pletal, Aggrenox, Agrylin, Effient, etc.
 - NSAIDs: Ibuprofen, Advil, Aleve, Motrin, naproxen, diclofenac, celecoxib, indomethacin, etc
 - Please note: Ticlid (ticlopidine) should be stopped about 10-14 days prior.
- You may continue to take Tylenol (acetaminophen), if needed.
- If recommended by your doctor, you may continue taking Aspirin (for cardiovascular conditions)

2-3 Days Prior to Procedure:

- Please **stop** taking the following blood thinners/anticoagulants: Pradaxa, Xarelto, Eliquis, etc.
- 2 Days Prior: consume 4 Dulcolax (Bisacodyl OTC 5mg) tablets after a light dinner.

1 Day Prior to Procedure: **Do NOT consume any SOLID foods. CLEAR LIQUIDS ONLY.**

- Examples include tea, water, clear juices, broth, Gatorade, soda, and plain jello.
- Do **NOT** drink any dairy products, alcoholic beverages, or anything that is red or purple in color.
- 12 hours Prior to Procedure: **Stop** taking the blood thinners/anticoagulants Lovenox.
- 1pm on Afternoon Prior to Procedure: Take 4 Dulcolax (Bisacodyl) tablets.

Evening Prior to Procedure: Take the **FIRST** dose of Miralax.

- 4pm: Take 2 Dulcolax (bisacodyl 5mg) tablets.
- 6pm: Mix 7 capfuls of 8.3 oz bottle of Miralax with one 32 oz Gatorade. Drink the entire mixture.

5 Hours Prior to Procedure: Take the **SECOND** dose of Miralax

- Take 2 simethicone (Gas-X) pills.
- Mix 7 capfuls of 8.3 oz bottle of Miralax with one 32 oz Gatorade. Drink the entire mixture.
- Take 2 more simethicone (Gas-X) pills.
- Take 2 Dulcolax (bisacodyl 5mg) tablets

3 Hours Prior to Procedure: **NOTHING BY MOUTH.** All fluids must be consumed by now.

- If you take heart, blood pressure, or seizure medication regularly, you can take your medication with a small sip of water at this time.

After Your Procedure:

- Dr. Zheng will review the results with you before you leave.
- If any polyps were removed or any biopsies were taken, the pathology reports will be available in 1-2 weeks via follow up appointment or email, per your preference.
- All results and recommendations will also be shared with your primary care provider/referring physician.

If you have any questions or concerns, please call our office at (925) 384-9276.