

## Colonoscopy Instructions - Miralax Based Enhanced Bowel Preparation

If you have a history of unsuccessful bowel preparation for colonoscopy or severe constipation (less than two bowel movements per week), please follow these instructions carefully.

7-10 Days Prior to the Procedure:

- Please **stop** consuming high fiber foods, such as salads, seeds, cereal, nuts, popcorn, fiber or iron supplements.

5-7 Days Prior to the Procedure:

- 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).
- **Take 1 dose of Miralax twice daily for 5-7 days.**

2-3 Days Prior to Procedure:

- Please **stop** taking the following blood thinners: Pradaxa, Xarelto, Elixquis, etc.

**2 Day Prior to Procedure: Do NOT consume any SOLID foods. CLEAR LIQUIDS DIET 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, orange, or purple in color.
- Get a 64 oz bottle of Gatorade and pour out/dispose 8 oz of it. Then, mix a bottle of Miralax (255 grams) into the Gatorade. Shake vigorously and place in the refrigerator.
- 6pm: Drink 8 oz of your Gatorade/Miralax solution every 15 minutes until the solution is gone.
- You must drink the **ENTIRE** Gatorade/Miralax solution.
- If you vomit or feel nauseous, you may slow down, rest, and take smaller sips.

1 Day Prior to Procedure:

- Continue clear liquid diet.
- Follow the instructions for your specific bowel preparation medication. Ensure that you have the correct instructions on hand.

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