

Copper Queen Community Hospital

101 Cole Avenue, Bisbee, Az 85603

Phone: (520) 335-6730

Miralax Colonoscopy Preparation

You must have someone available to drive you home after your colonoscopy. Plan on spending 2 ½ to 3 hours at the facility. Your colonoscopy is scheduled on _____ Check-In: _____ Location:

(CHECK-IN TIME IS SUBJECT TO CHANGE)

STOP TAKING THE FOLLOWING: Fish Oil, Vitamin C, Vitamin E, St. John's Wort, or NSAIDS (such as Ibuprofen, Aleve, Naproxen, Alka Seltzer, Excedrin) FIVE DAYS BEFORE PROCEDURE

- **If you are on blood thinners such as Plavix, Aspirin 325mg, Coumadin, Warfarin, Pradaxa, Xarelto Effient and/or take insulin PLEASE CALL OUR OFFICE AND LET US KNOW.**
- **Do not eat seeds, nuts or popcorn for 5 days prior to colonoscopy.**
- Purchase Miralax powder (238 gram bottle) and Dulcolax (5mg tablets) **Generic brands are OK.**
- Purchase at least 64 ounces of a clear liquid beverage to mix with the Miralax powder. We prefer that you use a "sports drink", such as Gatorade G2 or Propel water, due to its electrolyte content. **Avoid liquids that are red or purple in color.**

DAY BEFORE COLONOSCOPY

- You may take your regular medications, unless otherwise directed. **HOLD DIURETICS. If on Insulin HOLD on BOTH PREP days unless your blood sugar is greater than 300.**
- **Drink clear liquids only. DO NOT EAT SOLID FOODS.** Clear liquids such as Gatorade, Crystal Light, broth, Jello, coffee without creamer, soft drinks, or apple juice. **Avoid alcohol. Avoid liquids that are red or purple in color.** Drink as much clear liquid as you can tolerate especially with electrolytes. This will prevent dehydration and improve the quality of the colon preparation (by flushing the stool from the colon). A complete colonoscopy cannot be performed on an unclean colon.
- **At 12 p.m., take 2 Dulcolax (bisacodyl) tablets.**
- **At 5 p.m., mix the 238 gram bottle of Miralax with 64 oz of a sports drink or an electrolyte beverage. Drink 8 oz every 10 – 15 minutes until you have finished 32oz of the solution. If you start to feel sick during prep, slow down the rate you are taking the Miralax (i.e, take 20-30 min apart)**
- You may have additional clear liquids before going to bed.

DAY OF COLONOSCOPY

- **Five hours prior to your check-in time, drink the other 32oz of Miralax solution.**
- **NO SOLID FOODS until after colonoscopy. You may take your regular medications, unless otherwise directed.**
- **CONTINUE CLEAR LIQUIDS UNTIL 4 HRS PRIOR TO CHECK IN TIME. Do not have anything by mouth after this point, as your stomach must be completely empty. If you held your insulin/diuretics you can resume after your procedure.**
- **YOU SHOULD BE ABLE TO SEE TO THE BOTTOM OF THE TOILET BOWL DURING THE LAST COUPLE OF BOWEL MOVEMENTS BEFORE CHECKING IN TO YOUR PROCEDURE.**

If biopsies are done during your procedure, please allow 10 business days for results

72 hour notice for cancellation or reschedule

Holiday's or weekends DO NOT count for the 72 Hours and you MUST call our office 520-335-6730