



## **NJ GASTROENTEROLOGY HEALTH & WELLNESS**

### **MIRALAX PREP INSTRUCTIONS FOR COLONOSCOPY**

**\*\*\*\*Please make sure blood work and EKG were completed if indicated prior to procedure\*\*\*\***

#### **What to buy from PHARMACY:**

- 1. 238 gram bottle(8.3 ozs) of miralax**
- 2. 64 oz bottle of ice tea or lemonade or crystal light if diabetic**
- 3. Dulcolax 20 mg (4 tablets)**

#### **MEDICATIONS:**

**-Only heart, blood pressure, breathing medications should be taken the morning of the procedure with small sip of water**

**-If you take insulin or pills for Diabetes please discuss with your ordering physician s to if any adjustments is needed**

**-If you are taking blood thinners such as Coumadin ,Plavix, Xarelto, Eliquis please discuss with your ordering physician as to if and when to stop this drug**

**-Do not take any over the counter or prescription diet aids or suppressants 2 weeks before your procedure**

#### **5 DAYS BEFORE PROCEDURE:**

**-Discontinue taking anti-inflammatory medications such as mobic, Ibuprofen, Advil, Motrin, Alleve, Naproxen, Celebrex**

**-Tylenol is permitted for pain**

**-Discontinue Fish oil, Vitamins , Iron pills and Vitamin E**

**-To have an optimal prep, please discontinue any seeds, nuts, or corn\*\*\*\*\***



## **DAY BEFORE THE EXAM:**

**\*\*\*\*Drink CLEAR Liquids ONLY!!!, No SOLID food is to be eaten\*\*\*\***

### **Clear liquids examples include:**

- |                                               |              |
|-----------------------------------------------|--------------|
| -Juices without pulp (apple, grape, lemonade) | -Gatorade    |
| -Coffee or Tea without milk products          | -Plain jello |
| -Clear broth or bouillon                      | -Popsicles   |
| -Soda or non-carbonated soft drinks           | -Italian ice |
| -Water                                        |              |

**\*\*\*\*\*NOTHING RED,ORANGE OR GREEN\*\*\*\*\***

### **STEP 1:**

Begin clear liquid diet in the morning (no solid or dairy products. It is important to drink lots of fluid to prevent dehydration. Mix the 238 gr bottle of Miralax into a 64 oz bottle of ice tea,lemonade or crystal light. Shake well until the powder is completely dissolved and place in refrigerator.

### **STEP 2:**

At 4:00 PM drink 8 oz glass of mixture every 30 minutes until completely finished by 8:00 pm.

### **STEP 3:**

At 6:00 PM, take 4 dulcolax tablets with 8 oz clear liquid

### **STEP 4:**

You may drink liquids until midnight. **\*NOTHING AFTER MIDNIGHT\***  
Effects of the prep vary. The prep will cause multiple bowel movements and can start from 30 minutes up to 3 hours.

**SEDATION IS GIVEN SO YOU MUST HAVE A RIDE TO THE CENTER**