

MiraLAX® Preparation for Colonoscopy

Please read the instructions carefully. If you have problems with your preparation or have questions, please see the back of this page for contact information for our offices.

SUPPLIES YOU WILL NEED

- Four Dulcolax® (Bisacodyl) tablets
- Two Gas-X (simethicone) 125 mg tablets
- 64-ounce bottle of Gatorade®; note: NOT red, purple, blue, or powdered
- 238-gram bottle of MiraLAX or generic MiraLAX (You may purchase this over-the-counter at your local grocery or drug store.)



FIVE DAYS BEFORE YOUR COLONOSCOPY

1. Follow your physician's instructions regarding Aspirin, Plavix® or **anticoagulation medicines** (ex., Coumadin®, Warfarin, Pradaxa®, Xarelto®).
2. Discontinue **fiber supplements** or medications containing iron (multi-vitamin with iron is OK to take).
3. Stop eating high fiber foods, including nuts, corn, popcorn, raw fruits and vegetables, and bran.
4. **If you are diabetic** and take medications to control your blood sugar, you need to call your medical doctor about using your medications (pills and/or insulin) while preparing for the day before and the day of your procedure.
5. Continue **all** medications, unless otherwise instructed by your physician.
6. Confirm your driver. You may not return to work on the day of your procedure. Do not drive, operate machinery, or make important decisions until the following day. **You must have someone drive you home, or your procedure will be cancelled.** You may use a taxi, but only if you have an adult to accompany you. It is in your best interest for the driver or other adult who is

accompanying you to remain in the waiting room until you are discharged.

ONE DAY BEFORE YOUR COLONOSCOPY

1. If you take **Coumadin**, you will need to have your blood drawn before 8:30 a.m. on _____.
2. Mix MiraLAX and Gatorade together.
3. Refrigerate the Gatorade mix if you wish to drink it cold.
4. Drink only **clear liquids** the entire day. **Do not drink clear liquids that are red, purple, or blue in color.** Solid food and milk products are not allowed.

You are allowed to have the following:

- a. Water (drink six to eight glasses during the day)
- b. Black coffee or tea (no creamer or milk)
- c. JELL-O®
- d. Popsicles
- e. Broth or bouillon (chicken or beef)
- f. 7 UP®, ginger ale, Coke®, or Pepsi®
- g. Gatorade, Propel®, or other sports drinks (as long as they are not red, purple, or blue)
- h. Apple juice (no orange juice)

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If you are diabetic and have a meter to test your sugar level, please check it several times during the day. Depending on the level, adjust your clear liquids. (If your sugar level is too low, use regular clear liquids. If your sugar level is too high, switch to sugar-free clear liquids.)

5. At **2 p.m.**, take four Dulcolax (Bisacodyl) tablets.
6. At **5 p.m.**, begin drinking half of the Gatorade mixture. Drink an eight-ounce glass every 15 to 30 minutes. Note: it is normal to feel very full or bloated during your preparation. Some people may also experience nausea and vomiting. If this occurs, simply wait about 30 minutes before resuming drinking. This will likely disappear once bowel movements begin.
7. At **10 p.m.**, take two Gas-X (simethicone) 125mg tablets.
8. **Seven hours before your scheduled procedure time**, drink the remaining half of the Gatorade

mixture. Drink an eight-ounce glass every 15 to 30 minutes, until the mixture is finished.

THE DAY OF YOUR COLONOSCOPY

1. Nothing by mouth **four hours** before your arrival time. This includes food, drink, chewing gum, hard candy, and chewing tobacco. If you do, your procedure may be cancelled.
The only exception: Take your blood pressure, heart, seizure, and reflux medication(s) with a very small sip of water at least two hours prior to your arrival time.
2. Please report to your appointment at the scheduled arrival time. Note: you should plan on being at the location of your procedure for approximately two-and-a-half to three hours from your arrival time to discharge.
3. If you have any problems after discharge, contact the on call physician at 717-741-1414 (York) or 717-316-3030 (Hanover).

APPOINTMENT INFORMATION

Patient name: _____

Appointment date: _____

Procedure time: _____

Physician name: _____

Arrival time: _____

Nothing to eat or drink after: _____

LOCATION OF PROCEDURE

- UPMC Specialty Care York Endoscopy
2690 Southfield Drive, Suite B, York, PA 17403
717-741-1590
- UPMC Hanover
300 Highland Ave., Hanover, PA 17331
717-316-3030

- UPMC Memorial
1703 Innovation Drive, York, PA 17408
717-741-1414 ext. 206

UPMC Specialty Care Gastroenterology Associates

2690 Southfield Drive, Suite A, York, PA 17403
Phone: 717-741-1414 • Fax: 717-741-4774

310 Stock St., Suite 8, Hanover, PA 17331
Phone: 717-316-3030 • Fax: 717-316-1617

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