

MIRILAX Colonoscopy Instructions

- Check with your physician's nurse regarding any prescription blood thinners and their recommended time to withhold prior to procedure. Do NOT stop aspirin unless instructed by your physician.
- **SUPPLIES:** four (4) Docolax tablets and a 238-gram bottle of Miralax
- **5 days before the procedure:** DO NOT take Iron or fiber supplements such as Metamucil or Fibercon.
- **48 hours before the procedure:** NO fiber, NO salads, NO raw fruits or vegetables, and NO nuts.
- **Day before procedure:**

1. Clear Liquids ONLY – NO SOLID FOODS (see chart below)

What You CANNOT DO (day before)		
<ul style="list-style-type: none">• Do NOT drink anything RED or Purple• Do NOT drink milk or cream products	<ul style="list-style-type: none">• Do NOT take other laxatives• Do NOT drink vegetable juice	
Liquids that are OKAY to Drink (day before)		
<ul style="list-style-type: none">• Water• Popsicles• Jell-O (NO fruit, nuts, or toppings)	<ul style="list-style-type: none">• White grape juice• Apple juice• Lemonade• Gatorade• Kool-Aid	<ul style="list-style-type: none">• Chicken broth or bouillon• Soft Drinks (Coke, Dr. Pepper, Sprite, ect.)• Coffee or tea (no cream or nondairy creamer)• Clear fruit Juices (without pulp)

2. Follow Directions Below:

DAY BEFORE COLONOSCOPY – Start between 11:00AM and 3:00PM
<ul style="list-style-type: none">• STEP 1 – Take four (4) Docolax tablets.• STEP 2 – Mix 238-gram bottle of Miralax in 64 ounces of water and let dissolve (any clear liquid option listed above is fine to use in place of Gatorade).• STEP 3 – Wait two hours after last Docolax tablet.• STEP 4 – Drink 8 ounces of mixture every 20-30 minutes until the solution is gone.• STEP 5 – Continue to drink plenty of water after prep to stay hydrated. <ul style="list-style-type: none">• IMPORTANT: If you experience preparation-related symptoms (for example, nausea, bloating, or cramping), pause or slow the rate of drinking the additional water until your symptoms diminish. **The important thing is to be able to hold down the liquid, regardless of how fast you drink it**
DAY OF COLONOSCOPY
<u>NOTHING by mouth after midnight unless otherwise instructed. Do NOT use smokeless tobacco. DO NOT chew gum or have any mints/candy the morning of the procedure. Failure to comply could result in cancellation of procedure.</u> <ol style="list-style-type: none">1. If you take medication (i.e. -blood pressure, seizure, arrhythmia medication, and/or thyroid medications), please take it with <u>only a sip of water</u>.2. DO NOT wear any jewelry or bring any valuables.

YOU MUST BRING A DRIVER WITH YOU FOR THE PROCEDURE AS YOU WILL BE SEDATED FOR THE PROCEDURE. IF NO ONE COMES WITH YOU TO DRIVE YOU HOME, THE PROCEDURE CANNOT BE PERFORMED AND WILL HAVE TO BE RESCHEDULED. THE DRIVE WILL NEED TO STAY DURING THE FULL DURATION OF THE PROCEDURE. NO TAXI, BUS, OR PUBLIC TRANSPORTATION (UNLESS YOU HAVE A FAMILY MEMBER/FRIEND WITH YOU IN THE VEHICLE).

- You will be here approximately 2-3 hours from arrival time. ****If you have a LIVING WILL, please bring it with you****
- **No driving or operating machinery** until the day AFTER your procedure.
- Please give a 48-hour notice if you wish to cancel or reschedule. If it is after hours and you need immediate assistance, please call the **medical exchange at (501) 313-0254**.

**Any questions the day of the procedure before 8AM, call the Endoscopy Center Number 501 221-5845.
Any questions between 8AM and 4PM – contact your doctor's nurse.**

Dr. Angtuaco: 501 406-9291
Dr. Hughes: 501 406-9311
Dr. McElreath: 501 406-9331

Dr. Svoboda: 501 406-9351
Dr. Coppola: 501 406-9301
Dr. S. Jones: 501 406-9321

Dr. Patel: 501 406-9341
Dr. J. Jones: 501 406-9302
Dr. Coggins: 501 406-9337