



## Miralax Prep for Colonoscopy

Date of Procedure: \_\_\_\_\_ Place of Procedure \_\_\_\_\_

**What you will need:** 8.3oz bottle of Miralax (OTC)  
64oz. of clear liquid of your choice  
Dulcolax Laxative Tablets x 3 tablets (NOT stool softener)

### **PREP INSTRUCTIONS**

On \_\_\_\_\_ (the day before the procedure), wake up and start clear liquid diet, as given from medical assistant.

1. If procedure is before 9am: Take 3 Dulcolax tablets at 6pm and mix miralax with 64oz of clear liquid of your choice and begin drinking at 8pm, drink an 8oz. glass every 15 min until finished.
2. If procedure is after 9am: Take 3 Dulcolax tablets at 6pm and mix miralax with 64oz of clear liquid of your choice and start to drink half of the miralax mixture at 7pm, drinking an 8oz glass every 15 min. Then start the 2nd half of the miralax mixture at 5am the morning of the procedure and finish by 6am.

**\*\*\*Nothing by mouth 5 hours prior to procedure \*\*\***

\_\_\_\_\_  
*Please note the below personalized instructions for you and your procedure(s).*

\_\_\_\_\_ Take your heart/blood pressure medication(s) the morning of the procedure with a sip of water.

\_\_\_\_\_ Discontinue any use of the following blood thinners **5 days prior** to the procedure(s)

Aspirin Vitamin E Fish oil Coumadin Plavix Other \_\_\_\_\_

\_\_\_\_\_ If you are a diabetic and are insulin dependent, you may take ½ of your morning dose the morning of the procedure and take the remaining ½ with you to the facility.

\_\_\_\_\_ If you are a diabetic and are on oral medication(s) **DO NOT** take your medication(s) the morning of the procedure. Bring them with you to the facility. Your blood sugar levels will be monitored prior to the procedure.

\_\_\_\_\_ If you have any artificial heart valves, hip or knee replacements, pacemaker or defibrillator within the last year, you will be given antibiotics prior to the procedure.

*The facility will contact you the day before the procedure to schedule the time of the procedure with you. Please remember you WILL be sedated for this procedure and need to arrange for transportation to and from the facility on the day of the procedure. Please make sure this transportation is not public as in a taxi, bus, etc. If you work, it is NOT recommended for you to return to work the same day of the procedure due to the sedation. For any questions or concerns please contact our office at 352-383-5200 M-F 8AM-4PM*



## **CLEAR LIQUID DIET**

***NO REDS, PINKS, PURPLES OR BLUE DYES  
CLEAR LIQUIDS ONLY- NO COFFEE- NO ALCOHOLIC PRODUCTS***

You may have any/all of the following clear liquids on the day prior to your procedure(s)

- Water (*sparkling, and flavored CLEAR water is fine*)
- Tea (*sweetened and un-sweetened*)
- Gatorade (*CLEAR COLORS ONLY*)
- Sprite, 7UP, Ginger Ale, Fresca or Club Soda
- Apple Juice
- White grape juice
- Chicken, beef or vegetable broth
- Jello (*Lemon, Lime, Banana, or Orange Flavors*)
- Popsicles (*No Red, pink, purple or blue colored*)
- Italian Ice (*No Red, pink, purple or blue colored*)