

Digestive Diseases Specialists

COLONOSCOPY PM PREP- MiraLAX® PM

Your procedure is scheduled for _____

Your check in time is _____ at Pueblo Endoscopy Suites, Ste. 420 (please use waiting room door)

NOTE: Due to you receiving sedation you cannot drive, have alcohol, or sign legal documents for 24 hours. **YOU WILL BE REQUIRED TO HAVE A FAMILY MEMBER OR FRIEND, 18 YEARS OR OLDER TO DRIVE YOU HOME.** YOUR DRIVER MAY NEED TO STAY THE DURATION OF THE PROCEDURE AND REMAIN WITH YOU FOR 24 HOURS AFTER. You may continue to take Aspirin, Ibuprofen, Plavix, Pradaxa, and Tylenol. **If you're taking Coumadin, Warfarin, Eliquis or Xeralto please contact our office ASAP. 719-543-3500**

Purchase at the grocery store or pharmacy: **(OVER-THE-COUNTER)** No prescription is required.

- **Dulcolax Laxative 5 mg tablets** (you will be taking 4 tablets)
Be sure it is the laxative tablets, **NOT** the stool softeners
- **MiraLAX® 238 gram bottle (14 dose bottle)**
- **MiraLAX® 119 gram bottle (7 dose bottle)**

**Note: you will need to follow the Miralax instructions on this form and NOT what is on the bottle.

PLEASE FOLLOW THE INSTRUCTIONS BELOW COMPLETELY

TRY A LOW FIBER DIET THREE DAYS PRIOR (see back)

THE DAY BEFORE YOUR COLONOSCOPY,

YOU MAY EAT A LIGHT BREAKFAST AND A LIGHT SNACK

BEGIN A CLEAR LIQUID DIET AT NOON

AVOID ALCOHOL, DAIRY, AND ANYTHING RED, ORANGE, OR PURPLE

***Clear liquids consist of beef, chicken, or vegetable broths, clear juices, clear sodas, coffee (without creamer), tea, Jell-O, popsicles, Propel Fitness Water, Gatorade and of course, water. Use sugar free liquids if you are diabetic.

Taking your prep:

- ❖ **5 p.m.:** Take 4 Dulcolax® 5 mg laxative tablets with a glass of water
- ❖ **7 p.m.:** Begin taking the 14 dose bottle of MiraLAX®, mix the powder with 64 oz. of a clear liquid. Drink an 8 oz. glass of solution every 15 minutes until completed. You may take breaks if needed, but you must complete this portion of the prep by 11 p.m.
- ❖ **5 a.m. (morning of):** Mix together the entire 7 dose bottle of MiraLAX® with 32 oz. of a clear liquid. Drink an 8 oz. glass of solution every 15 minutes until completed. Must complete within 2 hours.

Diarrhea usually begins within an hour or two, but may vary. You may want to stay close to a bathroom once you start the prep. Bloating and/or cramping is expected at the beginning, but should improve once the diarrhea begins. If you experience any nausea and/or vomiting try walking around, this alone usually helps. However, if the symptoms persist please contact Dr. Vahil at 719-546-2500. For chaffing you may use non-alcohol wipes to cleanse after each bowel movement. Barrier creams, such as A and D ointment may also be used.

DAY OF PROCEDURE:

Do not take any insulin or diabetic medications the day of your procedure. Further directions can be found on the back of this form. You should take your blood pressure and seizure medications FOUR HOURS prior to your procedure. If you use oxygen or an inhaler please bring it with you to the procedure.

NO COFFEE OR TEA AFTER MIDNIGHT

YOU MAY HAVE CLEAR LIQUIDS UP UNTIL 4 HOURS BEFORE YOUR PROCEDURE.

NOTHING BY MOUTH AFTER THAT. **NO GUM, NO MINTS, NO WATER.**

IF YOU HAVE ANY QUESTION OR CONCERNS, PLEASE CONTACT THE OFFICE AT 719-543-3500.

LOW FIBER DIET 3 DAYS BEFORE COLONOSCOPY (Recommended)

FOODS TO AVOID
Whole wheat bread, brown or wild rice, cornbread, potatoes, raw or steamed vegetables, raw or dried fruit, all berries, tofu, pickles, olives, popcorn, and anything that contains nuts and/or seeds.

Diabetic Instructions

If your diabetes is unstable, please contact your prescribing physician for instructions in adjusting your insulin or other diabetic medications prior to your procedure. Stable diabetic patients, please follow these instructions:

1. The day before your procedure, do not take any oral diabetic medications.
2. The day before your procedure, take half your Lantus dose; do not use other insulin products.
3. If you use an insulin pump, continue your basal rate; no bolus.
4. Check your blood glucose levels regularly the day before the procedure and call for concerns.
5. Check your blood glucose the morning of the procedure and please report to the admitting nurse, call for concerns.
6. The day of the exam, do not take any insulin or oral diabetic medications.
7. Resume your normal medications when exam is complete and you are eating well.