



Colonoscopy Miralax Prep

* If you are taking any of the blood thinning medications listed below, you must have a blood thinner release signed by your prescribing physician *

* If you take Aspirin for heart protection, DO NOT STOP IT *

7 DAYS BEFORE THE EXAMINATION:

Stop Plavix (Clopidogrel) and Effient (prasugrel)

5 DAYS BEFORE THE EXAMINATION:

Stop Aspirin products (if taking for other than heart protection), Coumadin (warfarin), anti-Inflammatories (NSAID's), and fish oil.

3 DAYS BEFORE EXAMINATION:

Stop iron and bulk laxatives (Metamucil, Effersyllium, etc.) and avoid foods that are high in fiber (whole wheat breads, nuts, seeds, breaded/fried foods, corn, peas, beans).

Take 2 tablespoons of Milk of Magnesia in the morning and 2 tablespoons in the evening.

2 DAYS BEFORE EXAMINATION:

Stop blood thinners Eliquis, Pradaxa, and Xarelto

Take 2 tablespoons of Milk of Magnesia in the morning and 2 tablespoons in the evening.

1 DAY BEFORE EXAMINATION:

Drink only clear liquids for breakfast, lunch and dinner. Red and purple clear liquids, solid foods and dairy products are not allowed. **Clear liquids include:** soda or sports drinks, clear chicken or beef broth, water, black coffee, popsicles, white grape or apple juice, gelatins, etc.

At 2:00pm: Take **four (4) 5-mg. Dulcolax (bisacodyl)** laxative tablets (all at one time).

At 3:00pm: Mix 8 ounce bottle of **Miralax (238 grams) in 64 ounces** (two quarts) of Crystal Light or Gatorade (no red or purple). Begin drinking the **Miralax mixture between 3-6 PM**. Try to drink an 8 ounce glass every 10-15 minutes. It is best to drink each glass quickly rather than sipping it. The entire prep should be consumed in 1-2 hours.

Diabetic Patients: Take 1/2 dose of your PM insulin the day before your examination; do not take any insulin or diabetic medication by mouth the day of your procedure **UNLESS** your blood sugar is higher than 300g/dL. If this occurs, take insulin according to your sliding scale.

DAY OF EXAMINATION:

NOTHING BY MOUTH AFTER MIDNIGHT- Please brush your teeth on the day of your examination.

You may take your other medications as directed by your physician.

High Blood Pressure Patients: Take your morning dosage of blood pressure medication.

* If you are a female of childbearing age, you will be expected to take a urine pregnancy test during admission the day of your procedure(s). Please do not urinate immediately before admission *

Your procedure is scheduled on _____ at _____ with
Dr. _____ at 10210 East 91st Street South- Tulsa, Ok 74133
You must bring a driver who can remain in the office throughout your entire procedure. If your driver is not present at your check-in time, your procedure will be rescheduled.

GASTROENTEROLOGY



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Home Care Instructions for Sedation Procedures

During your procedure you will be given medication that may affect your memory of the day's events. Other normal side effects of the medicine may include confusion, irritability, drowsiness or a drunken-like state. Resting at home is the best way to recover.

Your speech, posture, hand control and ability to work may be affected for 24 hours.
A responsible person needs to drive you home after the procedure, and someone should stay with you for your safety until the effects of the medication have subsided.
Do not make any important decisions or sign important documents for 24 hours.
Do not drive or operate any machinery for 24 hours.

IF THIS ARRANGEMENT HAS NOT BEEN MADE, YOUR PROCEDURE WILL BE CANCELLED.

After your procedure, resume your usual diet unless instructed otherwise by your physician.
Do not drink alcoholic beverages for 24 hours.

If you take blood thinning medication you should ask your physician when it is safe to resume.

If you take prescription medicines on a regular basis, ask your physician which ones you should take after your procedure.
Do not take any muscle relaxants, sedatives, hypnotics or mood altering medicines for 24 hours unless ordered by your physician.
If you have pain, you may take over the counter medicines such as Tylenol.

Call Your physician for any questions or if you notice any of the following:

**Blue skin color
Unable to arouse
Bleeding**

**Difficulty breathing
Pain not relieved by medicine
Fever or chills**

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