



East Valley Gastroenterology & Hepatology Associates

www.eastvalleygastro.com . Tel: (480)786-6655 . Fax: (480)786-6996

MiraLax Colonoscopy Preparation

Your procedure is scheduled at: Chandler Endoscopy Center (2095 W Pecos Rd, Bldg A-1)
 Premier Endoscopy Center (2563 S Val Vista Dr, Ste #101)
 Chandler Regional Hospital (1955 W Frye Rd)
 Mercy Gilbert Medical Center (3555 S Val Vista Dr)

Your colonoscopy has been scheduled on: _____

Please check in for your appointment at: _____

ITEMS TO PURCHASE PRIOR TO PROCEDURE (Over the counter- no prescription needed)

- * One 238-gram bottle of **MIRALAX**
- * Four tablets of **Dulcolax 5mg Laxative** (not stool softener).
- * One 10-ounce bottle of **Magnesium Citrate** (Lemon/Lime or clear bottle)
- * Two 32-ounce bottles of **Gatorade** or Crystal Light: NEEDS TO BE GREEN OR YELLOW

MEDICATION AND DIET INSTRUCTIONS

7 days prior to the procedure:

1. **PLEASE DISCONTINUE** all blood thinning and anti-inflammatory medications. This includes, but not limited to, Coumadin, Plavix, Iron supplements, Multi-Vitamins (Vitamin E) and Fish oil. Also discontinue any NSAID's (nonsteroidal anti-inflammatory drugs) such as, but not limited to, aspirin, aspirin type products, Ibuprofen, Aleve, Advil, etc. ****TYLENOL MAY BE TAKEN****
2. If you have been prescribed any of the medications listed above please consult with your prescribing doctor before discontinuing.
3. If you are diabetic, check with your primary care doctor regarding diet and medication instructions.

3 days prior to the procedure:

1. **AVOID-** Corn, Nuts, Popcorn and Foods with seeds
2. Drink plenty of liquids to be well hydrated. This will be very helpful for the tolerance of the colonoscopy prep.

DAY BEFORE THE PROCEDURE: SUN MON TUES WED THUR FRI SAT

Do not drink alcohol

1. **Light breakfast:** No dairy products and no fried meats. 2 pieces of toast or 1 bagel and a banana with a beverage (Juice with Pulp not permitted).
2. **Begin clear liquid diet** and continue throughout the day.
3. **3:00 pm-** take the four tablets of Dulcolax by mouth with a couple glasses of water.
4. **4:00 pm-** drink the entire 10 ounce bottle of Magnesium Citrate.
5. **7:00 pm-** Mix half the bottle of MiraLax (7 scoops) in 32 ounces of Gatorade/Crystal Light. Shake the solution until dissolved. Drink 8 ounces (one glass) every 15 minutes until the entire solution is finished.
6. **9:00pm**(night before) or **5:00am** (day of): Repeat step 5.



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Attached you will find a list of the clear liquids that are permitted while on this diet. Deviating from this diet will prevent adequate preparation of the colon for the exam.

You will need to be close to a bathroom. You will have progressively looser bowel movements over the next several hours. Individual responses to laxatives vary. This preparation will cause multiple bowel movements. Consider using **Vaseline, Aquaphor or diaper rash cream/zinc oxide** around the anal opening before starting the prep and after each bowel movement to minimize irritation from passing many bowel movements

DAY OF PROCEDURE

*You may drink clear liquids **until 6 hours** before the procedure.

***Take your usual blood pressure and heart medicines 6 hours before your appointment with water.**

***If you have asthma, please bring your inhalers with you.**

Please note: Your procedure will take approximately two hours. You must have your driver check in with you and stay at the Endoscopy Center throughout your procedure. Your driver must then drive you home.

CLEAR LIQUID DIET

DAY BEFORE PROCEDURE

Only items on this list are permitted

BEVERAGES:

Coffee (no cream)
Tea (no cream)
7UP
Sprite
Ginger Ale

Water
Apple Juice
White Grape Juice
Lemon-Lime Gatorade
Lemon-Lime Crystal Light

SOUPS:

Bouillon
Fat Free Chicken Broth

Clear Broth

SWEETS & DESSERTS:

Honey
Sugar
Clear Popsicles
Butterscotch Candy

Hard Candy (Green, Yellow, or Clear)
Jolly Ranchers (Green, Yellow, or Clear)
Jello (Plain, Lemon-Lime, or Pineapple)

**NO SOLID FOODS
CLEAR LIQUIDS ONLY**

STAY AWAY FROM RED, PURPLE, BLUE, AND ORANGE DYES