



VERMONT
GASTROENTEROLOGY



Green Mountain
Surgery Center

593 Hercules Drive
Colchester, VT 05446
802-488-5350

MIRALAX COLONOSCOPY PREP INSTRUCTIONS

Planning for Your Colonoscopy

Please take a moment to read through all information as soon as you receive it. You can check off each item as it is completed.

It is very important to follow the colonoscopy prep instructions. If you do not follow these instructions as directed, there is a chance that your bowels will not be clean enough for the procedure, and you may need to reschedule for another day, or it could result in an inadequate view and missed lesions.

- Your procedure is scheduled at **Green Mountain Surgery Center**. Please arrive **45 minutes before** your scheduled appointment time.
- Please bring your insurance card and photo ID to your appointment.
- Please leave any personal belongings including jewelry at home
- You will need someone to drive you home after the procedure, due to the sedation you will receive.
- If you take any blood thinners (*ex: coumadin, warfarin, Eliquis, Xarelto, etc...*) or anti-platelet medications (*ex: Plavix, Brilinta, etc...*) call us to let us know as soon as you read these instructions.

5 DAYS BEFORE THE PROCEDURE

- Stop all vitamins, herbal, and iron supplements.
- Avoid nuts, seeds, popcorn, etc. More detailed instructions for this can be found on our website, the internet, or on the attached copy.
- If you are diabetic, please call your PCP to discuss your medications before your prep.

3 DAYS PRIOR - You will need to purchase:

- These are all over the counter medications. You will **NOT** need a prescription.
- Miralax powdered laxative (*generic brand is fine: PEG-3350*) 1 bottle of **238 grams AND** 1 bottle of **119 grams**
- Dulcolax (*generic brand is fine: Bisacodyl*) laxative tablets (you will only need 2 tablets)
- 96 oz total (*i.e.* 32 oz bottles x 3) of electrolyte containing solution (*ex: Gatorade, Powerade, etc.*) **NO RED OR PURPLE**

2 DAYS BEFORE PROCEDURE:

- Between 6-9 pm, mix the **119** gram bottle of the Miralax with 32 oz. of electrolyte solution, and shake well. Drink 8 oz. of this mixed solution every 15-30 minutes until done. If at any time you feel that you will vomit by continuing the prep then take a break until this feeling calms down. When you resume the prep go slower and allow yourself more time to finish.

DAY BEFORE PROCEDURE:

- **NO SOLID FOOD INTAKE.** Start a clear liquid diet as soon as you wake up (water, clear strained juice, clear broth, soda, sports drinks, black coffee, Jello, popsicles, etc.). **AVOID** milk, milk products, anything you can't see through, and any item with red or purple dye.

DAY BEFORE PROCEDURE AT 3 PM:

- Take 2 Dulcolax tablets with 8 oz. of water.

DAY BEFORE PROCEDURE AT 5 PM:

- Mix **HALF** of the **238** gram bottle of Miralax with 32 oz. of electrolyte containing solution. Drink 8 oz. of this mixed solution every 15-30 minutes until done.
- Continue to drink plenty of clear liquids until you go to bed

DAY OF PROCEDURE:

- 5-6 hours prior to your procedure time, mix the remaining Miralax with 32 oz. of electrolyte containing solution. Drink 8 oz. every 15-30 minutes until done.
- Continue to drink an 8 oz. glass of clear liquid (listed above) every half hour until two hours prior to your procedure, then nothing more
- You may take essential morning medications with a sip of water
 - Your bowel output should be yellow/clear. Use the photo below as a guide.



If you are unable to keep this appointment or have any non-urgent prep questions, please call:

Green Mountain Surgery Center at 802-488-5350 Option 1.