

## Colonoscopy, Miralax Prep

NAME: \_\_\_\_\_

Your Colonoscopy has been scheduled for:

Date \_\_\_\_\_ at  UPHS – Marquette  UPHS – Bell  
 Joseph C. Jameson, M.D.  Patrick P. Bulinski, M.D.  
 Ryan D. Edwards, M.D.  Katherine A. Petrin, M.D.

### THE HOSPITAL WILL CONTACT YOU WITH YOUR ARRIVAL TIME

- 1) **FIVE DAYS PRIOR TO THE PROCEDURE:** Restricted residue diet – **DO NOT** eat nuts, seeds, popcorn and corn. Discontinue fiber supplements: Metamucil, Citrucel, Fiberall, etc.
- 2) **PURCHASE AT THE PHARMACY:** Dulcolax tablets, 238-gram bottle of Miralax and 64 oz. of Gatorade (not red, pink, or purple) or two 32-oz. bottles of Gatorade or other clear liquid.

### ONE DAY BEFORE EXAM:

- 1) Clear liquids only (see below\*)

**\*CLEAR LIQUID DIET – ONLY THESE FOODS ARE ALLOWED:**

**SOUPS:** Clear bouillon, broth, or consommé.

**BEVERAGES:** Tea, coffee, decaffeinated tea/coffee, Kool-Aid, carbonated beverages.

**DO NOT** put any milk or cream in your tea or coffee.

**JUICES:** Apple, white grape juice, strained lemonade, limeade, orange drink.

**ANY JUICE YOU CAN SEE THROUGH AND HAS NO PULP IS ACCEPTABLE.**

**DESSERT:** Water ices, Italian ices, Popsicles, jello (except red.)

- 2) At 3:00 p.m. take 4 Dulcolax tablets.
- 3) At 5:00 p.m. mix the 238-gram bottle of Miralax with Gatorade until dissolved. Drink an 8 oz. glass every 10-15 minutes until the solution is gone.
- 4) Continue drinking clear fluids until bedtime. **Nothing to eat or drink after midnight the night before.**

### DAY OF EXAM:

- 1) Take essential medication with only a sip of water.
- 2) Expect to be released two hours after the exam. However, complications might require hospitalization.
- 3) Bring a list of your current medications and allergies.
- 3) Since you will be sedated, you must have someone drive you home and stay with you for the first 24 hours after the procedure. (A taxi driver or hotel escort staff cannot provide this service.) The driver must be 18 years old or older and accompany you to and from the unit. If you do not have a driver and nobody to stay with you, your procedure will be rescheduled. Do not plan to work or drive for 24 hours.

If you should have any questions please phone our office at 906.225.3853.