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## **Bowel Preparation Instructions (Miralax)**

Patient Name: \_\_\_\_\_

Date of Procedure: \_\_\_\_\_

### **7 Days Prior to Your Colonoscopy**

You must be off Aspirin/NSAIDS and other blood thinners(Coumadin/Warfarin, Lovenox, Plavix, Xarelto, Eliquis) 7 days prior to the procedure. Tylenol is ok to take.

- Please purchase the following at your pharmacy (No prescription needed):
  - Miralax Powder 8.3 oz (238 g) bottle
  - Four Dulcolax laxative Tablets containing 5mg of bisacodyl each (NOT Dulcolax stool softener)
  - 64 oz bottle of Gatorade (NOT red). G2, Powerade or Powerade Zero acceptable also acceptable.
  - 10 oz bottle of Magnesium Citrate (NOT red)

### **1 Day Prior to Your Colonoscopy**

Have a *light* breakfast (one boiled or poached egg; white toast-no butter, plain bagel). Do not eat vegetables, fruits, nuts, seeds, butter, milk, cheese, beef, pork, lamb, or whole grain cereals.

Clear liquid diet after breakfast. No solid food.

- You may drink clear liquids such as apple juice, cranberry juice, Gatorade, clear broth, tea, coffee, soda, popsicles, and Jello-O (avoid any red or green Jell-O due to artificial dyes)
- Do not have any milk products, citrus juice, or solid food
- Make sure to drink plenty of water throughout the day
- *Diabetics:* Take only half of your diabetes medication the day prior to your procedure

#### **Step 1:** 12 PM NOON (Day prior to colonoscopy)

- Take four Dulcolax tablets
- Mix 64 oz of Gatorade with 8.3 oz of Miralax and place in refrigerator (do not add ice)

#### **Step 2:** 4 PM (Day prior to colonoscopy)

- Drink an 8oz glass of the Gatorade/Miralax mixture every 10-15 min until gone

Remember:

- You may take your regular medications at your regular time with a tiny sip of water except blood thinners or aspirin
- Vaseline or Desitin are good skin protectants to be applied prior to starting prep

### **Day of Colonoscopy:**

- **5 hours before** your scheduled time of the procedure, drink 10 oz of Magnesium Citrate
- **4 hours before**, stop drinking all liquids, including water.

**Arrive at:** \_\_\_\_\_

**Check-in Time:** \_\_\_\_\_

*Please be advised that your check in time is tentative. You will be called the business day prior to your procedure to confirm the time. You **must have someone drive you home** following the colonoscopy due to the medications given. Uber/Lyft/Taxi are NOT acceptable.*

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## BLOOD THINNERS

Prescription Products	Non-Prescription Products
<p><b><u>Anticoagulants</u></b></p> <ul style="list-style-type: none"> <li>• Arixtra</li> <li>• Coumadin</li> <li>• Eliquis</li> <li>• Lovenox</li> <li>• Pradaxa</li> <li>• Warfarin</li> <li>• Xarelto</li> </ul>	<p><b><u>Containing Ibuprofen</u></b></p> <ul style="list-style-type: none"> <li>• Advil</li> <li>• Bayer</li> <li>• Ibuprofen</li> <li>• Midol</li> <li>• Motrin</li> </ul>
<p><b><u>Containing Aspirin or Aspirin Like Products</u></b></p> <ul style="list-style-type: none"> <li>• Aggrastat</li> <li>• Aggrenox</li> <li>• Agrylin</li> <li>• Brilinta</li> <li>• Celebrex</li> <li>• Darvon</li> <li>• Dipyridamole</li> <li>• Effient</li> <li>• Fiorinal Caps/Tabs</li> <li>• Fiorinal w/ Codein Caps/Tabs</li> <li>• Indocin</li> <li>• Lortab ASA Tablets</li> <li>• Percodan</li> <li>• Plavix</li> <li>• Pletal</li> <li>• Robaxisal Tablets</li> <li>• Soma</li> <li>• Talwin</li> <li>• Ticlid</li> <li>• Trilisate Tabs/Liq</li> <li>• Vioxx</li> </ul>	<p><b><u>Containing Aspirin or Asprin-Like Products</u></b></p> <ul style="list-style-type: none"> <li>• Anacin</li> <li>• Arthritis Pian Formula Tablets</li> <li>• Bayer</li> <li>• Bufferin</li> <li>• Ecotrin</li> <li>• Excedrin</li> <li>• Midol</li> <li>• Mobigesic</li> <li>• Trigesic</li> </ul>
<p><b><u>Containing Ibuprofen:</u></b></p> <ul style="list-style-type: none"> <li>• Children's Advil</li> <li>• Children's Motrin</li> <li>• Motrin</li> </ul>	
<p><b><u>Containing Naproxen Sodium</u></b></p> <ul style="list-style-type: none"> <li>• Anaprox</li> <li>• Naproxen</li> </ul>	