

DR. DIENER'S PATIENT INSTRUCTIONS FOR 2 DAY MIRALAX COLON PREP

5 days prior to procedure eat a low residue diet (no whole grains, nuts, seeds, popcorn, dried fruit, berries, broccoli, cauliflower, Brussels sprouts, cabbage, kale, Swiss chard, lettuce.)

2 days prior to procedure light breakfast, late lunch with clear liquids only for dinner.

THE DAY BEFORE THE PROCEDURE

*****You will be on a clear liquid diet (NO SOLID FOOD) all day the day prior to the procedure*****

YOU MAY NOT HAVE:

- Anything red or orange in color
- No alcohol
- No dairy

YOU MAY HAVE:

- juices without pulp (apple, white grape, lemonade)
- coffee and tea (no milk or cream)
- broth or bouillon
- soda or non-carbonated soft drinks
- Gatorade
- Jell-O
- water ice, popsicles
- iced tea

YOU WILL NEED FROM THE PHARMACY (OVER THE COUNTER)

- **Two** Dulcolax laxative tablets (NOT stool softener)
- **One** 238-gram bottle (8.3 oz) of Miralax
- **One** 64 oz bottle of Gatorade, if you are a diabetic, use Crystal Light instead of Gatorade

DAY BEFORE YOUR PROCEDURE

- At 1:00 pm take (2) Dulcolax tablets
- Mix the 238-gram bottle of Miralax with the 64 oz bottle of Gatorade or Crystal Light, shake well until the powder is dissolved and place in the refrigerator.
- At 6:00 pm begin to drink the mixture (an 8oz glass every 20 minutes at your own pace until you drink all the mixture).
You need to be finished drinking the mixture by midnight.

YOU MAY CONTINUE TO HAVE AS MUCH CLEAR LIQUID AS YOU WANT UNTIL MIDNIGHT, AFTER MIDNIGHT, YOU CANNOT HAVE ANYTHING AT ALL UNTIL AFTER THE PROCEDURE THE NEXT MORNING.

YOU WILL BE GIVEN SEDATION. YOU CANNOT DRIVE AFTER YOUR PROCEDURE. YOU MUST BE ACCOMPANIED BY AN ADULT WHO WILL REMAIN AT THE FACILITY AND DRIVE YOU HOME AFTER YOUR COLONOSCOPY.

MEDICATIONS: Only heart, breathing, or blood pressure medications should be taken the morning of the procedure with a small sip of water. If you are a diabetic, do not take your diabetes medication the morning of the procedure. You may bring the medication with you, and you can take it after your procedure.

Stop Aspirin and Fish Oil 5 days before.

No water pills (Hydrochlorothiazide) the day before your procedure.

If you take Plavix, Coumadin, Warfarin or Pradaxa. Please follow the following instructions:

IMPORTANT REMINDERS: If you were instructed to have blood work and/or EKG done please make sure they are completed **no later than 14 days before your procedure**, unless otherwise instructed.

PLEASE NOTE: Failure to follow instructions as indicated may result in the possible cancellation of the procedure!

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