

Digestive Diseases Group

A Baylor-HealthTexas Affiliate

INSTRUCTIONS FOR COLONOSCOPY WITH MIRALAX/DULCOLAX

- 1. Medication:** Please notify us if you are on the following medications: **Plavix, Aggrenox, Pletal (cilostazol), Coumadin (Warfarin), Pradaxa, Effient, Xarelto, Brilinta or Eliquis.** You will need to hold these medications **5 days prior to your procedure.** Please verify with your cardiologist or PCP whether these medications are safe to hold due to your medical condition. You should not use **Lovenox** the day of your procedure. If you are Diabetic, please consult your primary care physician regarding your medication and diet. **You may continue to take all other medications.** Please call our office with any questions you may have.
- 2. Diet:** The day before colonoscopy, consume **CLEAR LIQUIDS ONLY! DO NOT EAT ANYTHING SOLID!** Avoid dairy products and anything that is red! Drink plenty of fluids all day. Examples: **water, tea, clear sodas, Gatorade, clear fruit juices (no pulp), beef or chicken broth, Jell-O and popsicles.** You may have coffee without cream.
- 3. Items to purchase over the counter from the pharmacy:**
 - **Miralax-1** large bottle(8.3 ounces or 238 grams)
 - **4 Dulcolax or bisacodyl tablets** (20 mg total, laxative not stool softener)
 - **One large 64-ounce bottle of a sports drink such as Gatorade or a clear liquid of your choice to mix with the Miralax. Do not use carbonated beverages.**
 - **Magnesium Citrate** (1) one 10 oz. green bottle (Purchase **ONLY** if instructed by your physician to be consumed before taking the **Dulcolax** tablets)
- 4. The day before: At 12 PM:** Swallow the **Dulcolax** tablets with a glass of a clear liquid. **At 3 PM:** Mix the bottle of **Miralax** with the 64 oz. of **Gatorade** or other clear liquid of your choice. (You can mix in the morning & refrigerate if you prefer it chilled). Begin drinking the **Miralax** solution. Drink an 8 oz. glass every 20-30 minutes until all gone. Continue drinking clear liquids throughout the entire day. **Do not have anything else to drink 4 hours prior to your procedure time.** Remove all jewelry before your procedure.
- 5. Transportation:** You must have someone you know drive you home. Taxicabs or buses are not acceptable. You may **not** walk home. You can expect to be at the facility 2-3 hours from your arrival time.

PLEASE CALL YOUR PHYSICIAN'S OFFICE 48 HOURS IN ADVANCE IF YOU NEED TO CANCEL OR RESCHEDULE
Plano (469)800-6020 Garland (469)800-2010 Carrollton (469)800-1130 Frisco (469)800-6020 Wylie
(469)800-2010