Instructions for Miralax Preparation before Colonoscopy Examination

1. Your Colonoscopy is scheduled for __________________________at the Surgical Institute of Monroe (SIOM) located at 1051 S. Telegraph Rd.
2. 2 Days Prior: No Fruits or Vegetables.
3. 1 Day Prior:
   - Only a clear liquid diet (Examples of clear liquids are on pg. 3). Please do not use liquids that are dark colors such as red, blue, green or purple. **Do not eat any solid food or drink milk.**
   - At 2 p.m. take 2 Dulcolax tablets (Over the Counter).
   - At 3 p.m. take the Miralax 255 gm bottle and mix with 64 oz. of **PROPEL WATER** (This can be mixed in the morning and chilled). Drink 8 oz. (a cup) every 10-15 minutes. If you experience any nausea or vomiting-stop drinking prep for 45 min, then resume drinking rest of prep over the next few hours.
   - After drinking the entire contents of the solution, you may continue to drink clear liquids until midnight. **You cannot have any solid food the day prior to the procedure.**
   - **DO NOT DRINK ANYTHING AFTER MIDNIGHT**
4. Procedure Day: At 6 a.m. administer 2 Fleet Enemas (Over the Counter).
5. The Surgical Institute of Monroe will contact you several days prior to your procedure and review your medical history and remind you what meds can and cannot be taken.
6. The day before your scheduled procedure the SIOM will call to let you know what time to arrive.
7. **IMPORTANT:**
   - Please let us know if you are taking any of the medications listed on pg. 2 and follow the instructions as to when the medications need to be stopped.
   - Please take any heart or blood pressure medicine as you normally do.
   - If you are a DIABETIC, please follow the instructions on pg. 2.
8. Someone must accompany you to and from the SIOM. If someone is not with you, your procedure will be cancelled.

Please read Page 2 if you take Aspirin or Aspirin Products, Blood Thinners, NSAID’s, or Herbal Medications.

If you should encounter any vomiting while drinking your prep, please call 240.8400 and they will page the Doctor for you with further instructions.

**No Show Policy:** We ask that you please call 48 hours in advance to cancel your procedure, or you may be charged a $50.00 fee.
### Medications to Avoid 7 Days PRIOR to Procedure

<table>
<thead>
<tr>
<th>Coumadin</th>
<th>Pletal</th>
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<tbody>
<tr>
<td>Plavix</td>
<td>ALL Aspirin</td>
</tr>
<tr>
<td>Aggrenox</td>
<td>Iron</td>
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<tr>
<td>Persantine</td>
<td>Multivitamin with Iron</td>
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<tr>
<td>Ticlid</td>
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### NSAIDs (Stop 3 Days Prior):

<table>
<thead>
<tr>
<th>Motrin</th>
<th>Naproxyn</th>
<th>Ansaid</th>
<th>Fiorinal</th>
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</thead>
<tbody>
<tr>
<td>Ibuprofen</td>
<td>Arthrotec</td>
<td>Indocin</td>
<td>Darvon</td>
</tr>
<tr>
<td>Advil</td>
<td>Voltaren</td>
<td>Mobic</td>
<td>Percodan</td>
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<tr>
<td>Anaprox</td>
<td>Dolobid</td>
<td>Relafen</td>
<td>Vicoprofen</td>
</tr>
<tr>
<td>Aleve</td>
<td>Lodine</td>
<td>Daypro</td>
<td>Soma</td>
</tr>
</tbody>
</table>

### Cox 2 Inhibitors (Stop 3 Days Prior):

| Bextra | Celebrex | Vioxx |

**You may take Tylenol for pain relief**

### Medications to Avoid 14 Days PRIOR to Procedure

ALL Herbal Supplements such as:

<table>
<thead>
<tr>
<th>Ephedra</th>
<th>Ginsing</th>
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<tbody>
<tr>
<td>Feverfew</td>
<td>Kava</td>
</tr>
<tr>
<td>Ginko Biloba</td>
<td>St. John’s Wort</td>
</tr>
<tr>
<td>Garlic</td>
<td>Cinnabar Root</td>
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<tr>
<td>Ginger</td>
<td>Horse Chestnut</td>
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IF ANY OF YOUR MEDICATIONS ARE NOT LISTED AND YOU HAVE QUESTIONS PLEASE CONTACT THE OFFICE.

Please remember to take any heart or blood pressure medications according to your normal schedule.

** ****DIABETICS****

#### ORAL DIABETIC MEDICATION
- Do not take your diabetic medication the day prior to your procedure.

#### INSULIN
- Only take half of your Insulin dose in the morning the day prior to the procedure.
- Do not take any insulin the day of the procedure.
Clear Liquid Diet Sheet

What are clear liquids? They are liquids that you can at least partially see through.

Examples are:

Broth (chicken, beef or vegetable).
Clear juices: apple juice, white grape juice, grapefruit and O.J. (with no pulp)
Clear Pops: Ginger Ale, 7-UP etc.
Drinks: Gatorade, Propel Water, Tea, Kool-Aid
Miscellaneous: Popsicles, Jell-O without fruit, Fruit flavored Ices, hard candy.
We allow coffee- do not use liquid creamer but you can use powder creamer.

Do not consume liquids that are: red, green, blue or purple.

Do Not have milk, milk shakes, ice cream, tomato soup, yogurt, etc.

You tell us not to eat fruits or vegetables for 2 days prior to the procedure-why?

These foods add a lot of undigested material to the colon, which sometimes persists even after laxatives. The better the prep, the more accurate the exam. Foods that are OK two days before the exam include pastas, rice, potato, ice cream, chicken, breads, cheese, skinless/seedless fruit (canned), bananas etc.
THE DAY PRIOR TO THE PROCEDURE

2:00 p.m. - Take your 2 Dulcolax tablets.

3:00 p.m. - Take 255 grams of Miralax + 64 oz. of Propel Water

Mix both Miralax and Propel Water in a 64 oz. container. Drink one cup every 10-15 minutes until solution is gone.

THE DAY OF THE PROCEDURE

6:00 a.m. - Administer 2 Fleet Enemas