

# NORTH VALLEY G.I. CONSULTANTS

Gastroenterology, Pancreatic, Biliary, & Liver Disease  
ERCP, Capsule Endoscopy  
Board Certified

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## MiraLAX Colonoscopy Prep

### To be purchased over the counter:

- 1.) (4) Over the counter (5mg) Dulcolax Laxative Tablets (Bisacodyl is the generic)
- 2.) 238 gram MiraLAX (over the counter)
- 3.) 64 oz. Gatorade (NOT RED OR PURPLE)

### One Week Prior to the Procedure

- **DO NOT** eat any nuts, popcorn or items containing seeds for one week before the procedure.
- **DO NOT** take iron pills, multivitamins, or Vitamine E.
- **DO NOT** take any anti-inflammatory pain medication (Ibuprofen, Advil, Motrin, Aleve, Naproxen, Feldene, etc.) or blood thinners (Coumadin, Plavix, Aspirin, etc.).
- **Please hold \_\_\_\_\_ for \_\_\_\_\_ days before the procedure.**
- You **WILL** be allowed to continue taking a “baby aspirin”, for your heart health, per your doctor’s instructions.
- If you are diabetic, ask your doctor regarding insulin dosage (if any) that should be taken. If you are only on pills for your diabetes, take them on the day of your preparation but **NOT** on the day of your examination.

### One Day Prior to Procedure:

#### **NO SOLID FOOD ALLOWED!!**

**DRINK ONLY CLEAR LIQUIDS!!** For breakfast, lunch and dinner. Have a **clear** liquid diet throughout the day, **NO RED, PURPLE or BLUE**. Avoid dairy products and juices with pulp such as orange, tomato, and grapefruit juice. **Clear liquid Diet such as:**

- Water
- Clear broth or bouillon
- Green or white tea with NO mild or non dairy creamer
- Gatorade
- (clear) Soft drinks
- Ice popsicles
- Green or yellow plain Jell-o with NO added fruits

#### **1:00PM**

- Take the 4 Dulcolax tablets.

#### **3:00PM**

- Mix 238 gram bottle of MiraLAX in a 64oz bottle of Gatorade. Shake solution until MiraLAX is dissolved.

#### **3:30PM**

- You are going to drink one half of your mixture by drinking one 8oz glass every 15 min (4 glasses total)

#### **6:30PM**

- You are going to drink one half of your mixture by drinking one 8oz glass every 15 min (4 glasses total)

### On the day of the Procedure

- Clear liquids may be permitted up until 4 hrs. prior to the procedure.
- Please take your heart and high blood pressure medications.
- Please make arrangements for someone to drive you home following the examination. Since you will be given sedation, **YOU MAY NOT DRIVE YOURSELF HOME.**
- Please report to the GI Lab 1 hr. prior to your scheduled appointment time for preliminary check-in. Please bring your insurance information with you. You may be required to stay for one hour after the examination is completed for observational purposes.