

MARIETTA HEALTH CARE PHYSICIANS, INC.

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MIRALAX BOWEL PREP INSTRUCTIONS

For your bowel prep, you will be prescribed or will need to purchase the following items

1. Four Dulcolax 5 mg tablets
2. One 8.4-ounce bottle of Miralax
3. 64-ounces of clear liquids as listed on this page

Things to know:

- If you take blood thinners _____, you will need to stop taking it ____ days before the procedure.
- You may continue to take 81 mg of Aspirin. (baby aspirin)
- If you are diabetic, please use sugar-free products on your "Prep Day." Also, monitor your blood sugar. If your sugar is low, you may drink some grape juice or other approved clear liquids to raise your blood sugar.
- NOTHING BY MOUTH WITHIN SIX HOURS OF THE PROCEDURE. YOUR SCOPE WILL BE CANCELLED IF YOU DO. THIS INCLUDES HARD CANDY AND GUM.**

Three days before your colonoscopy: Do not eat any roughage, such as raw vegetables, raw fruits, nuts, whole grains.

One day before your colonoscopy - "Prep Day"

- You will be on a clear liquid diet all day. Items that you can have are listed at the bottom of the page. Avoid caffeinated beverages!**
- 1 p.m.** - take two Dulcolax pills and mix whole bottle of Miralax in 64-ounces of approved clear liquids.
- 2 p.m.** - Start drinking Miralax bowel prep. You will need to drink 8-ounces every 30 minutes until it is all gone. Do not sip as this can make you nauseated. This can take up to four to five hours.
- 6 p.m. approximately** - Take the other two Dulcolax tablets. If you find that your stool is not clear you can purchase another bottle of Miralax and complete the bowel prep again.
- After Bowel Prep is Complete** - You can continue to drink clear liquids until six hours before your procedure starts.

Approved Clear Liquids:

- Gatorade/PowerAde (any flavor/color)
- Soda (non-caffeinated; diet if you are diabetic)
- Clear Juices (NO PULP)
- Decaf Iced Tea or Coffee
- Clear Chicken/Beef Broth
- Jell-O
- Popsicles

Things to Avoid:

- Milk
- Caffeine
- Alcohol



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