

GASTROENTEROLOGY ASSOCIATES OF CENTRAL JERSEY, P.A.

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MIRALAX

COLONOSCOPY PREPARATION INSTRUCTIONS

DATE: _____ **REGISTRATION TIME:** _____

- LOCATION:** Oak Tree Surg. Ctr., 1931 Oak Tree Rd. Edison, N.J. 08820 Main Level
Please call the surgery center upon arrival in the parking lot for further instructions.
(732)603-8603
- Saint Peter's University Hospital 254 Easton Ave, New Brunswick, NJ 08901

The following items ***must be purchased*** for your preparation:

- **ONE (1)** 238gram bottle of MiraLAX Powder.
- **FOUR (4)** BISACODYL tablets 5mg (i.e. Dulcolax or generic brand) [over-the-counter]

SEVEN (7) DAYS BEFORE EXAMINATION:

- Stop all **WEIGHT LOSS MEDICATIONS** (i.e. Ozempic, Wegovy, Mounjaro, Saxenda). It is ok to take these medications following completion of your procedure(s).

FIVE (5) DAYS BEFORE EXAMINATION:

- Stop all **NSAID MEDICATIONS** (i.e. Aspirin, Aleve, Advil, Motrin, Bayer, Ecotrin, Ibuprofen, Naproxen, etc.). It is OK to continue baby aspirin if you take this medication on a daily basis.
- If you take **BLOOD THINNERS** (i.e. Coumadin, Plavix, Eliquis, Xarelto, Heparin, etc.), please review instructions discussed at your office visit and with your primary care physician or cardiologist.

Usually, medications like Coumadin and Plavix are held five days prior to the procedure. Medications like Eliquis and Xarelto are usually held two-four days prior to the procedure.

- **TYLENOL** (and other brands containing ACETAMINOPHEN) is **OK** as a pain reliever.

**** ALL OF THE ABOVE SHOULD BE FOLLOWED TO MINIMIZE RISK OF SERIOUS BLEEDING IF A POLYP IS REMOVED ****

THREE (3) DAYS BEFORE EXAMINATION:

Eat a **LOW RESIDUE DIET**. A Low residue diet limits high fiber food.

HIGH FIBER FOODS TO AVOID INCLUDE:

- Whole grain breads, oatmeal/cereals, granola
- Nuts, seeds, raw/dried vegetables or fruit (NO salads)
- Beverages with pulp
- Nutritional supplements that contain fiber
- Pepper, beans, corn/popcorn

TWO (2) DAYS BEFORE EXAMINATION:

Mix the bottle of MiraLAX in 64 oz. of Gatorade. Shake until the MiraLAX is dissolved and refrigerate.

DAY BEFORE EXAMINATION:

We encourage you to stay hydrated with at least 12 tall glasses (about 8-10 ounces each) of clear liquids throughout the day in addition to what you drink with your bowel prep medication to prevent dehydration.

Have a *clear* LIQUID diet throughout the entire day:

**** NOTHING RED OR PURPLE ****

Things that are OK to drink/eat:

- Strained **clear** fruit juice **without pulp**.
- Water, Gatorade, PowerAde, soft drinks (ginger ale, sprite)
- Coffee or tea **without milk or creamer**
- Plain Jell-O **without fruit or toppings**
- Ice popsicles (no sherbet or fruit bars)
- Fat free / Low sodium clear broth (nothing greasy or chunks)

****Do NOT eat any solid food while on this diet. Do NOT drink alcohol. NO dairy products****

Between 3-6 p.m. the night before your procedure, take 4 Dulcolax tablets (a total of 20mg) by mouth with at least 8 oz. of water and then wait one hour. Drink 8 oz. of Gatorade-MiraLAX solution every 10-15 minutes until half the solution is gone. Refrigerate the remaining half of the prep solution. Drink an additional 16 oz. of any clear liquid (without MiraLAX) over the next 1-2 hours.

At 10 p.m., drink the remaining half of the prep as above until the container is empty. Then drink an additional 16 oz. of clear liquids. Finish all of the preparation by midnight.

- You will develop significant diarrhea after drinking the preparation. Plan to be near a bathroom. This is normal as it means the medication is working to clear stool from your colon.
- Most people feel mild bloating and mild abdominal cramps. This is normal. Drinking the prep medication more slowly and over a longer period of time can help alleviate these symptoms.
- A successful colon prep will cause you to have clear yellow (“tea-colored”) liquid stools. Please finish your preparation regardless of your stool color.

DAY OF EXAMINATION:

STOP DRINKING ALL CLEAR LIQUIDS AND MEDICATIONS 8 HOURS BEFORE your registration time. This means that you should not have anything to eat or drink **8** hours before your colonoscopy and onward. We encourage you to drink plenty of fluids until this time.

If you take any blood pressure or heart medication, please take your regular dose with a very small sip of water.

- ❖ **NO NSAID MEDICATIONS** (i.e. Aspirin, Aleve, Advil, Motrin, Bayer, Ecotrin, Ibuprofen, Naproxen, etc.) **FIVE DAYS PRIOR TO TEST.** It
is OK to continue baby aspirin if you take this medication on a daily basis.
- ❖ **IF YOU TAKE BLOOD THINNERS**, please ensure you followed all instructions for stopping them prior to the procedure.
- ❖ **TYLENOL** (and other brands which contain ACETAMINOPHEN) IS **O.K. TO TAKE!!!**
- ❖ **YOU MUST HAVE SOMEONE TO DRIVE YOU HOME.**
- ❖ **PLEASE LEAVE ALL JEWELRY AT HOME.**
- ❖ **PLEASE BRING YOUR INSURANCE CARD & PHOTO ID.**
- ❖ **PLEASE BRING THE COMPLETED PATIENT INFORMATION PACKET (IF NEEDED).**

Commonly asked Questions:

- ***How do I know if my prep is adequate?***
The stool should be watery in consistency. It does not have to be clear in color like water since digestive juices will continue to tint the stool yellow and small flecks of debris are not a problem as long as the stool is not muddy or thick.
- ***What side effects may I expect?***
Since the prep works by flooding the intestinal tract with fluid, abdominal bloating and cramping may occur, as well as some nausea and vomiting. This is usually temporary, and as the diarrhea develops, symptoms will gradually improve. Weaknesses can also occur, especially if you have not taken enough fluid with the prep, and can be remedied by increasing fluid intake.
- ***Will the prep interfere with my other medications?***
Medications taken at least an hour before beginning the prep should be adequately absorbed, but thereafter, they are likely to be washed away by the prep.
- ***What if I have other questions?***
Call the office at 732-744-9090

Please be aware that this procedure will be taking place at an ambulatory surgical center. Therefore, please be advised that all of your AMBULATORY SURGICAL IN-NETWORK BENEFITS such as co-pays, deductibles, and co-insurances will apply. We strongly recommend that you contact your insurance company to most accurately verify your benefits. This is NOT an office procedure.