

Dr. Markle (miralax) – Colonoscopy Preparation

Purchase these items ahead of time:

1. **Four Dulcolax tablets (stool softeners or laxative)**
2. **One bottle of Miralax (230 or 238) Gram**
3. **Two 32-ounce bottles of Gatorade (no red colors), preferably clear**
4. **Tuck's pads, Vaseline, Desitin, etc. can be used to protect the anal area if needed**

Colonoscopy Preparation Timeline

- Arrange a ride and have a responsible adult accompany you who will stay with you for the procedure. If you do not have a ride, we will have to cancel the procedure.
- Check with your insurance carrier regarding your financial responsibility for the ordered procedure.
- Make any needed arrangements to be off work or school on the day of the colonoscopy. Please remember, by law, you cannot drive the rest of the day after the procedure.
- Read and familiarize yourself with the preparation instructions.
- Please call the office with any questions. If you vomit the prep, please try again but drink more slowly. **Please do not call the physician.**
- Purchase the laxative medications listed above.
- **Blood Thinners:**
 - If you are taking **Coumadin (warfarin)**, stop taking 3-5 days prior to the procedure based on your physician's recommendations.
 - If you are taking Plavix (clopidogrel), Effient (Prasugrel), or Brilinta (Ticagrelor), stop taking 5 days prior to the procedure.
 - If you are taking any other blood thinner (Pradaxa, Xarelto, Elaquis, Arixtra, Lovenox), follow the instructions given to you in the office.
 - You may **continue** aspirin (81 or 325mg).
- Stop taking **Iron** (ferrous sulfate) 7 days before the colonoscopy.
- **If you are diabetic, follow these instructions:**
 - Monitor your blood sugar frequently.
 - Hold oral diabetic medications the day prior to **and** day of the examination.
 - Take ½ of the long acting insulin dose the day prior to the examination.
 - May continue your sliding scale for short acting insulin the day prior to the test.
 - Hold all forms of insulin the day of the test until after the test is complete.

Day of Procedure:

- May take all of your regularly scheduled medications except oral diabetic medications and blood thinners as noted above.

Diet: Low fiber diet for 3 days prior to the test – No nuts, seeds, popcorn, or raw fruits/vegetables. Discontinue any fiber supplement 3 days prior to the procedure.

Preparation Instructions

The day prior to your colonoscopy:

- Start on a **Clear Liquid Diet** when you get up and continue all day.

Clear Liquid Diet:

- Do not drink **red** colored beverages or eat **red** Jell-O.
- **Soups:** Clear bouillon, chicken broth, vegetable broth, beef broth, or consommé.
- **Beverages:** Tea, coffee (without cream/milk), Kool-Aid, carbonated beverages, Gatorade. You may add sugar to coffee and tea but not milk or creamer (non-dairy creamers are okay)
- **Juices:** Apple, white grape, strained lemonade, limeade, and orange drink.
- *Any juice that you can see through and has no pulp is acceptable.*
- **Dessert:** Italian ices, popsicles, Jell-O, and hard candy
 - No solid food of any kind
 - Throughout the day, make sure to drink at least eight glasses (two quarts) of fluids such as juices or similar product, preferably not only plain water.

5:00 pm, Day prior to the Colonoscopy: Take four Dulcolax tablets by mouth with 32 ounces of water or juice.

7:00 pm, Evening prior to the Colonoscopy: Mix ½ bottle of Miralax (238 gram) with 32-ounces of Gatorade, shake or stir until mixture is dissolved. Drink one 8-ounce glass every 15 minutes.

Day of the Colonoscopy - 6 hours prior to the procedure: Mix ½ bottle of Miralax (238 gram) with 32-ounces of Gatorade, shake or stir until mixture is dissolved. Drink one 8-ounce glass every 15 minutes until finished. Must finish the bowel prep at least 4 hours prior to the start time.

- The correct timing of this dose is essential to an effective preparation.
- You must have nothing by mouth for 4 hours prior to the procedure.