

COLONOSCOPY WITH MIRALAX PREP

PURCHASE 4 Dulcolax Laxative - 5 mg (bisacodyl) tablets
 2 bottles of Miralax 119 gm (generic equivalent OK)
 2 Bottles of Gatorade 32 oz (Crystal Light if diabetic)

MEDICATIONS: Please notify us if you are on the following medications: **Aggrenox, Coumadin, Warfarin, Pradaxa, Effient, Xarelto, Brilinta or Eliquis.** You may need to stop these medications 5 days prior to your procedure. **Lovenox or Fragmin** should not be used the day of the procedure. If you are diabetic, please consult your primary care physician regarding your medication and diet. You may continue to take all other medications. Please call our office with any questions that you may have.

LOW FIBER DIET 3 DAYS PRIOR TO COLONOSCOPY

Low-Residue/Low-Fiber Diet

A low-residue/low-fiber diet limits the amount of food waste that has to move through the large intestine.

Points to Keep in Mind

- Avoid any food made with seeds, nuts, or raw or dried fruit.
- Avoid whole-grain breads and cereals. Purchase products made from refined flour.
- Do not eat raw fruits or vegetables. Remove skins before cooking.

Types of Foods	Foods to Choose	Foods to Avoid
Breads, Cereals, Rice, and Pasta	<ul style="list-style-type: none"> ▪ Enriched white bread, rolls, biscuits, and muffins ▪ Waffles, French toast, and pancakes ▪ White rice, noodles, pasta, and cooked potatoes (no skin) ▪ Plain crackers ▪ Cooked cereals: farina, cream of wheat, and grits ▪ Cold cereals: Puffed Rice, Rice Krispies, Corn Flakes, and Special K 	<ul style="list-style-type: none"> ▪ Breads or rolls with nuts, seeds, or fruit ▪ Whole wheat, pumpernickel bread, and cornbread ▪ Potatoes with skin, brown or wild rice, and kasha (buckwheat) ▪ Whole grain cereals, bran cereals, granola-type cereals, and cereals with nuts, seeds, coconut, or dried fruit
Fruit	<ul style="list-style-type: none"> ▪ Strained fruit juice ▪ Canned or cooked fruits without skins or seeds ▪ Ripe banana ▪ Soft cantaloupe and honeydew melon 	<ul style="list-style-type: none"> ▪ Prunes and prune juice ▪ Raw or dried fruit ▪ All berries and raisins (especially raspberries and blackberries)
Milk and Dairy Products	<ul style="list-style-type: none"> ▪ Milk, plain or flavored ▪ Yogurt, custard, and ice cream 	<ul style="list-style-type: none"> ▪ Yogurt with nuts or seeds

	<ul style="list-style-type: none"> ▪ Cheese and cottage cheese 	
Vegetables	<ul style="list-style-type: none"> ▪ Strained vegetable juice ▪ Well-cooked fresh or canned vegetables such as asparagus tips, beets, green beans, carrots, acorn squash (without seeds), pureed spinach, and tomato sauce 	<ul style="list-style-type: none"> ▪ Raw or partially cooked (steamed) vegetables ▪ Vegetables with seeds ▪ Sauerkraut ▪ Cooked peas, winter squash, broccoli, brussels sprouts, cabbage, onions, cauliflower, baked beans and corn
Meats, Poultry, Fish, Dry Beans, Peas, and Eggs	<ul style="list-style-type: none"> ▪ Ground, well-cooked, tender beef, lamb, ham, veal, pork, fish, poultry, and organ meats ▪ Eggs 	<ul style="list-style-type: none"> ▪ Dry beans, peas, and lentils ▪ Peanut butter
Fats, Snacks, Sweets, Condiments and Beverages	<ul style="list-style-type: none"> ▪ Margarine, butter, oils, mayonnaise, sour cream, and salad dressing ▪ Plain gravies ▪ Sugar, clear jelly, honey, and syrup ▪ Spices, cooked herbs, bouillon, broth, and soups made with allowed ingredients ▪ Coffee, tea, and carbonated drinks ▪ Plain cakes and cookies ▪ Gelatin, plain puddings, custard, ice cream, sherbet, Popsicles ▪ Hard candy ▪ Pretzels 	<ul style="list-style-type: none"> ▪ Nuts, seeds, and coconut ▪ Jam, marmalade, and preserves ▪ Pickles, olives, relish, and horseradish ▪ All desserts containing nuts, seeds, dried fruit, coconut, or made from whole grains or bran ▪ Candy made with nuts or seeds ▪ Popcorn

LIQUID DIET: The day before colonoscopy, consume **CLEAR LIQUIDS ONLY! DO NOT EAT ANYTHING! Avoid dairy products and anything that is red!!** Drink plenty of fluids all day.

RESTRICTED DIET INCLUDES: (NO RED, BLUE, OR PURPLE)	
-Strained, pulp free fruit juices (apple, white grape, lemonade)	-Water
-Coffee or tea (no milk or creamer)	-Gatorade
-Carbonated/non-carbonated soft drinks	-Popsicles
-Kool-Aid or other fruit flavored drinks	-Clear broth or bouillon
-Plain Jell-o (no added toppings or fruit)	- NO dairy products or alcohol
- Ensure Active (Peach only)	

Arrange for a driver: Your driver must check in with you and remain in the lobby during the exam. **The procedure will not be done without a driver present.**

DAY BEFORE PROCEDURE:

**PREP INSTRUCTIONS: PLEASE CONTACT YOUR GASTROENTEROLOGIST FOR
SPECIFIC DOSE TIMES**

Begin RESTRICTED LIQUID DIET only

Maintain hydration with at least one glass of fluid every hour

(Please contact GI MD for exact time): Take all 4 Dulcolax tablets

Mix Miralax with Gatorade and chill prior to consumption

(Please contact GI MD for exact time): Begin drinking Miralax prep (one 8 oz glass every 10-15 min)

COMPLETE ENTIRE PREP within 2-4 hours

If you experience bloating and/or nausea, slow down (this is normal)

Bowel movements may begin about 1 HOUR after the first glass

Bowel movements will continue up to 2 HOURS after the last glass

STOP ALL LIQUIDS 4 HOURS BEFORE THE PROCEDURE

**CALL THE OFFICE 48 HOURS IN ADVANCE IF YOU NEED TO CANCEL OR RESCHEDULE
THE PROCEDURE. FAILURE TO CANCEL OR RESCHEDULE PROCEDURES WITHIN 48
HOURS WILL RESULT IN A \$100 NO SHOW FEE.**

IMPORTANT BILLING INFORMATION:

**We will bill your health insurance carrier if you have provided us with complete
information at the time of registration. However, please remember you are ultimately
responsible for payments at Time of Service.**