

**BOWEL PREPARATION FOR COLONOSCOPY**  
**MIRALAX laxative method**

YOUR PROCEDURE DATE \_\_\_\_\_

YOUR TIME \_\_\_\_\_ ARRIVE BY \_\_\_\_\_

LOCATION: Green Spring Station Endoscopy  
Falls Concourse  
10751 Falls Road, Suite 425 (4<sup>th</sup> floor)  
Lutherville, MD 21093  
410 583-2760

**\*\*PLEASE NOTE: THE GREEN SPRING ENDOSCOPY FACILITY IS NOT LOCATED IN THE SAME BUILDING AS OUR OFFICE BUILDING\*\***

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**\*\*PLEASE CAREFULLY READ THESE ENTIRE INSTRUCTIONS AT LEAST ONE WEEK IN ADVANCE\*\***

**\*\*BY LAW, YOU ARE REQUIRED TO ARRANGE IN ADVANCE FOR SOMEONE TO DRIVE YOU HOME FOLLOWING THE PROCEDURE. YOU MUST HAVE AN ESCORT OR YOUR PROCEDURE WILL BE CANCELED. TAXIS ARE NOT ACCEPTABLE.**

**\*\*PLEASE STOP ASPIRIN AND ASPIRIN CONTAINING PRODUCTS ONE WEEK BEFORE YOUR PROCEDURE DATE.**

**PLEASE NOTE: IF YOU ARE TAKING THE FOLLOWING DRUGS AND HAVE NOT YET DISCUSSED THEM, PLEASE NOTIFY OUR OFFICE TO GET FURTHER INSTRUCTIONS FROM DR. BELITSOS: PLAVIX (CLOPIDOGREL) (SOMETIMES CANNOT BE STOPPED) OR COUMADIN (WARFARIN) (USUALLY SHOULD BE STOPPED FIVE DAYS BEFORE).**

**BOWEL PREP PROCEDURE**

Please purchase a (238 gram) bottle of **MIRALAX** powder (Generic name: glycolax) at your pharmacy (over the counter)..This is a commonly used, safe, osmotic laxative which contains no sugar, sweetener, or salt, and has no taste, grit,or residue. You will also need to purchase a small box of **DULCOLAX tablets** (you will need four 5 mg tabs). Don't mistakenly buy the stool softener or suppositories . Please also purchase a **FLEETS ENEMA**, which may be needed for use the day of the procedure.

You may have a light breakfast the day before your procedure. After breakfast, do not eat any more solid foods. Have a clear liquid lunch and dinner that day (See information on clear liquids on last page). If you have chronic constipation problems, consider starting your liquid diet 36 hours before your procedure time.

**\*\*\*\* FOR AN EARLY MORNING PROCEDURE TIME \*\*\*\***

**At 2:00 PM the day before:** Before you start drinking the MIRALAX prep, take all four of the DULCOLAX tablets at once.

**At 4:00 PM the day before:** Mix the entire bottle of MIRALAX in a 32 ounces of Gatorade, Crystal-Lite, or any clear (non-alcoholic) fluid of your choice (choose what you like). This will form a light slurry. Shake well and refrigerate. If you prefer, you may wish to dilute the solution with more volume of fluid.

**5:00 PM – 8:00 PM the day before:** Start drinking the mix. Drink 8 ounces of the mix every hour until finished. It may take anywhere from one to six or more hours for the prep to start working. (If you have no work obligations, you may elect to start the entire prep two hours earlier with less likelihood that your sleep will be interrupted. (Note that if you start the bowel preparation later in the evening, your sleep may be interrupted by frequent trips to the bathroom). **Continue drinking plenty of clear liquids before and after completion of the solution and up to four hours before the procedure.**

**\*\*\* FOR A LATE MORNING OR EARLY AFTERNOON PROCEDURE TIME \*\*\***

**If your procedure time is after 10:00 AM,** we prefer that you do a “split dosing” of the Miralax by taking the Dulcolax tablets and half of the Miralax solution (16 ounces) the night before and the remainder of the solution **the day of the exam.** Your bowel preparation will likely be better quality with this split dosing method for later procedure times. You must complete drinking the morning dose at least 4 hours before you come in for your exam. Or, you may elect to do the same procedure as that for a morning time procedure above. Or, finally, you could also elect to do **the entire prep on the same day** of the procedure by taking the Dulcolax tablets 8 hours before the procedure time and drinking the Miralax solution from between 7 and 4 hours before the procedure time.

**\*\*REGARDLESS OF THE TIMING OF YOUR PREP, ON THE DAY OF YOUR PROCEDURE DO NOT DRINK ANY FLUIDS FOR FOUR HOURS BEFORE THE PROCEDURE TIME\*\***

We expect you will be passing clear or yellowish stool with or without gravel-like residue by the end of your bowel preparation. If so, you will not need to administer a Fleets enema. If you are still passing solid residue, please administer the enema about an hour before you leave home for your procedure. **Call the endoscopy unit ahead of time on the day of the procedure if you believe the preparation has not worked to discuss possible cancellation and avoid the trip to the endoscopy unit.**

#### **USE OF MEDICATIONS DURING BOWEL PREPARATION**

See instructions above regarding **ASPIRIN, PLAVIX, and COUMADIN** use.

**IF YOU TAKE INSULIN:** Long acting insulin dosing (e.g Lantus, NPH, etc) should be reduce by half on the day before and held on the day of the procedure. Short acting insulin dosing should be customary according to dextrostick values. If you have questions or concerns, contact your doctor.

**ORAL DIABETES medications** should be held on the day of the procedure until after your procedure.

**BLOOD PRESSURE AND OTHER HEART MEDICATION** should be taken on the day of the procedure with only a small sip of water, no later than 2 hours before the procedure. Otherwise, do not drink any fluids for four hours before the procedure time. **ALL OTHER** medications can be taken the day before the procedure but can be held on the day of the procedure until after the procedure.

#### **APPROVED CLEAR LIQUIDS FOR YOUR LIQUID DIET:**

Clear fruit, no pulp juices, black coffee or tea **without milk** (added sugar is allowed), any carbonated beverage, clear broths, boullions, and consommés, popsicles, flavored ices, clear hard candies. (Please **avoid red** colored juices, ices, or gelatin. White cranberry juice is acceptable). Sorbets are not “clear”.