

Salem General Surgery
2094 East State St. Suite A
Salem, Oh. 44460
(330) 337-2868

Miralax Colonoscopy Bowel Prep

**Your colon exam is scheduled on: _____
in the Endoscopy Department at Salem Community Hospital.**

Your bowel prep is the most important (and the most difficult) part of your exam! If your colon is not thoroughly cleansed and there is retained fecal material, then your exam may be less than optimal. In this situation, tumors or polyps can be missed since it may not be possible to see through the fecal material. Drinking plenty of fluids before and during the bowel prep is very important.

Items needed (these can be purchased at your pharmacy or grocery store):

- 4 Dulcolax Tablets (over the counter)
- Two - 32 oz. bottles of any electrolyte drink (examples: Gatorade, PowerAde)
We suggest 2 different flavors **No RED or PURPLE colors.**
- Miralax (over the counter), 238 gram bottle

If you take Coumadin (Warfarin), Plavix, Proxaxa, Aspirin, Vitamin E, Fish Oil, Garlic, Ginko, Ginseng or any blood thinner, please let us know. You will need to stop these medications ONE week before the colonoscopy, unless other wise directed by the Doctor.

On the day before the exam:

- All day: Stay on a clear liquid diet for the entire day prior to the colonoscopy.
- 3:00pm: Take 4 Dulcolax tablets with 8 oz. water
- 5:00pm: Mix ½ bottle of Miralax with the first 32 oz. bottle of electrolyte drink and mix the other ½ bottle of Miralax with the second 32 oz. bottle of electrolyte drink. Drink an 8 oz. glass of this Miralax mixture every 15 minutes until both bottles are gone.

*****If you develop nausea, wait for 1 hour and restart every 30 minutes.*****

During the preparation for your colonoscopy, we ask that you maintain a clear liquid diet the day before the procedure, or as directed by the doctor.

A clear liquid diet consists of the following:

**NO RED OR PURPLE
ALL DAY**

- Clear consommé, bouillon or broth
- Tea or Coffee (sugar is ok, no milk or cream)
- Clear fruit juices (strained)
- Gelatin dessert (no fruit added)
- Plain popsicles (no cream pops or fruit pieces)
- Water, including bottled water with vitamins
- Clear soda (Sprite, Sierra Mist, 7UP, and Ginger Ale)

No milk products or any type of solid foods are allowed.

You may drink clear liquids up to midnight. After midnight, do not eat or drink, unless otherwise instructed.

Individual responses to laxatives *do vary*. This prep will cause multiple-bowel movements. It often works within 30 minutes or may take as long as 3 hours.

Please contact our office at (330) 337-2868 with questions about the procedure or diet.

Day of the exam:

- DO NOT take any oral medications the morning of the exam. The only exception is for Heart and/or Blood Pressure medication. (See note below)
- A driver must accompany the patient and remain in the Hospital at all times during the procedure. This is a hospital policy for your safety.

Standard Medication Instructions:

- If you take medications for any reason, please bring all medications to the hospital when coming in for your endoscopic procedure.
- If you take beta blockers, A.C.E. Inhibitors, Calcium Channel blockers or other heart or blood pressure medication before noon, please take these medications before 6:30am on the day of your exam with small sips of water.
- Diabetic patients who use Insulin should take half of your normal morning dose on the morning of the exam.
- Non-insulin requiring diabetic patients should bring your diabetic medication(s) to the hospital with you. **If you are taking Metformin, Glucophage, Glucophage XR, Fortamet, Riomet, Glucovance, Metaglip, or Avandamet do not take these medications for a MINIMUM of 24 hours before procedure.**
- Patients who take medications before noon for respiratory and airway disorders should take those medications at 6:30am with small sips of water on the morning of your exam.
- Patients who use inhalers should continue to use their inhalers as usual and bring them to the hospital on the day of your exam.