



DR. ALI COLONOSCOPY PREP INSTRUCTIONS

MIRALAX

3 Days Before the Exam

- If you haven't already done so, pick up your clear liquids, and your prescription for the bowel prep at your pharmacy and any additional medication, ie. Bisacodyl and/or Simethicone that may be prescribed.
- Arrange for your ride home after your procedure. A responsible adult/medical transport **MUST** drive you home from your procedure. ***You will not be allowed to drive, take a taxi, car service, or leave the center alone.*** If you do not have a responsible driver to take you home, your exam cannot be done with sedation and may be canceled.
- Stop any iron supplements, vitamin and herbal supplements, vitamin E and NSAID's (Ibuprofen, Advil, Aleve, Celebrex, Motrin, Meloxicam, Naproxen, Diclofenac, Celecoxib, Mobic).
- **Stop your blood thinners as directed by prescribing provider:** Coumadin (Warfarin, Jantoven), Aggrenox, Brilinta, Dabigatran, Effient, Eliquis, Endoxaban, Plavix, Pradaxa, Savaysa, Xarelto. If you have questions contact your prescribing provider for instructions.

Blood Pressure Medications: should **not** be taken the morning of the procedure, however **please** bring them with you. (If you take a Betablocker continue to take this as you usually do.)

- DO NOT stop aspirin unless otherwise told.
- If you need to cancel or reschedule your procedure or you have questions regarding your prep, please call 607-299-7029

1 Day before the Exam

To have a successful colonoscopy your colon must be clear of any stool.

- **DO NOT EAT ANY SOLID FOOD THIS ENTIRE DAY!**
- Only drink **clear liquids** this entire day. Clear liquids are: water, clear broth or bouillon, coffee or tea (without milk or creamer), apple juice, white grape juice, white cranberry juice, sports drinks, clear carbonated beverages, Kool-Aid, Jell-O, and popsicles.
- No RED or PURPLE liquids, no dairy, and no pulp.

EVENING before procedure:

- **If prescribed Bisacodyl tablets, take at noon with glass of water, prior to MiraLAX.**
- Pour MiraLAX into jug. Fill to the top with 128 ounces of fluid (i.e. Gatorade (no red or purple), apple juice or water). Refrigerate the solution after it has been mixed.
- At 4pm drink 8 ounces of MiraLAX mixture every 15 minutes until completed.
- **Take Simethicone tablets after completing MiraLAX mixture.**
- Continue clear liquids.
- **DIABETICS:** DO NOT take your evening sugar pill. Long-acting insulin- take half dose this evening (Check your blood sugar as needed.)

The Day of the Exam

- Continue Only clear liquids today until 4 hours before your appointment time.
- You may take all of your morning prescription medications with a sip of water.
- Please bring your puffer/inhalers with you.
- Diabetics: Check your blood sugar this AM. Do NOT take your sugar pills this morning. Keep checking your blood sugar as needed.

Late afternoon procedures:

4 HOURS BEFORE YOUR APPOINTMENT TIME STOP DRINKING ALL LIQUIDS.

Time to stop: _____

- Things to bring with you: Someone to drive you home, photo ID and Insurance card, list of medications. Please leave all valuables at home.
- You will be here about 2 hours with your driver. You will not be able to drive home.

Parking:

Located in the Alvena Avenue parking lot adjacent to the main entrance of Guthrie Cortland Medical Center.