

East Carolina Gastroenterology, PA
Peter A. Eweje, MD
4, Office Park Drive
Jacksonville, NC 28546,
910 353 6158

INSTRUCTIONS FOR MIRALAX PREP

- Your procedure is scheduled at **our Endoscopy Center/OMH** on _____ at _____
You should expect to be at the endoscopy center for about 2 to 2 1/2 hours.
- Obtain your bowel prep products from your pharmacy and buy Gas-X from over-the counter
Medication/Fluid needed
4 **Dulcolax** Tabs
64 oz. Of Gator-Ade, Power-Ade or any other clear liquid.
One 10-ounce bottle Magnesium Citrate
1- 255 gm bottle of **Miralax**
- Please stop taking your **aspirin, celebrex, Plavix, motrin, aleve, and other ibuprofen containing medications five days before your test, unless we instruct you otherwise.**
- If your test is scheduled for a morning DO NOT take any of your regular a.m medications on the day of your test. You **MAY TAKE** your regular a.m medications if your test is scheduled for the afternoon. Bring your medication bottles along with you. Do not hesitate to call us with questions about your medications.
- **You will need specific instructions if you take Coumadin or Warfarin. Please let us know if you do take this medication.** You may need to be switched to a blood thinning shot.
- **Do not take your diabetic pills** the evening before and the morning of your test. You can **take half the usual dose** of your evening **Insulin shot** the day before your test, but none on the morning of your test.
- In preparation for your procedure try to **eat less of foods high in fiber** for at least **5 days** before the procedure. Some foods to avoid include: bran, whole grain cereals, all beans, raw fruits and vegetables, potato skins, nuts, raisins, corn, seeds and popcorn.

1. The day before the procedure **CLEAR FLUIDS ALL DAY.**
 2. Clear fluids include: water, apple juice, tea, white grape juice, Sprite, 7up, ginger ale, lemon lime, Gatorade, yellow country time lemonade, chicken broth, lemon lime, orange or pineapple Jello. **NO RED OR BERRY TYPE LIQUIDS OR JELLO.**
 3. **Two days before** your colonoscopy(_____) drink the bottle of Magnesium Citrate with two glasses of clear liquids.
 3. **At 3:00 pm on the day before** your procedure _____ take 2 Dulcolax tablets by mouth with clear liquids
 4. At 5:00 p.m. pour the 238-gram bottle of MiraLAX powder into the 64-ounce bottle of Gatorade. Shake the solution until the MiraLAX is completely dissolved.
Drink one eight-ounce glass every **10 to 15 minutes** until the solution is **three quarters gone.**

Refrigerate remaining prep for the morning. **It is important to continue drinking clear liquids until bedtime.**
 5. **Day of Your Colonoscopy.**
Four hours before you leave for your procedure(_____), drink one eight-ounce glass of the remaining MiraLAX solution every 10 to 15 minutes until solution is gone.
 6. **DRINK PLENTY OF CLEAR LIQUIDS ALL DAY.**
- After completing this prep, **EAT NO SOLID FOOD.** You may continue with a clear liquid diet up until 2 hours before your test.
 - **REMINDER: YOU WILL NEED A DRIVER TO BRING YOU HOME AFTER YOUR PROCEDURE. PLAN ON TAKING THE WHOLE DAY OFF OF WORK/SCHOOL THE DAY OF YOUR PROCEDURE.**
 - Please call the office at **910 353-6158** if you have any questions regarding your prep or procedure.