

**\*\*FOR COLONOSCOPY PROCEDURE ONLY\*\***



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**THIS DIET SHOULD BE STARTED THE MORNING  
OF THE DAY PRIOR TO YOUR PROCEDURE**

**YOU WILL NEED TO PURCHASE:** Miralax, 238g bottle, (4) Dulcolax 5mg, Laxative Tablets, Crystal Light Drink Mix or G2 by Gatorade 64 ounces. Any other sugar free drink is acceptable such as Propel, water, or tea. (If using a drink mix follow directions on the package to mix enough drink solution to make 64 ounces.) **NO RED OR GREEN DRINKS.**

**COLON PREP INSTRUCTIONS:**

**On \_\_\_\_\_, take (4) Dulcolax 5mg tablets at 8:00pm with a glass of water.**

**Starting the morning of \_\_\_\_\_, start clear liquids only.**

*Examples of clear liquids are: water, black coffee, plain tea, broth or bouillon, apple or white grape juice, Jello, popsicles, 7-up, Gatorade, cola.* No alcoholic beverages. **It is important you drink as much fluid as you can throughout the day.**

**Please do NOT have any red or green colored clear liquids.** Not allowed are lime, cranberry, cherry, strawberry or raspberry soda, juices, popsicles or jellos.

**IF YOU ARE NOT WORKING THE DAY BEFORE YOUR TEST/SURGERY, START THE MIRALAX PREP UPON WAKING.** Example: Start drinking the Miralax solution at 8 AM. Make sure to have a clear liquid breakfast before drinking the Miralax solution.

**IF YOU ARE WORKING THE DAY BEFORE YOUR TEST/SURGERY, START THE MIRALAX PREP UPON RETURNING HOME BUT NO LATER THAN 6:00PM.**

**MIRALAX PREP DIRECTIONS-** mix the entire 238g bottle of Miralax with the 64 oz bottle of G2 or the Crystal Light mixed to 64 oz in a pitcher. Mix the solution together until the Miralax is dissolved. Chilling the solutions helps improve the tolerance. Drink an 8 oz glass of the solution every 10-15 minutes until gone, (drinking with a straw helps). The diarrhea effect usually begins within an hour or two, but may take longer for some people. You may notice some bloating or cramping at the beginning of the prep. This will improve once the diarrhea begins. It is possible you could develop nausea with vomiting. If this happens, you should take a break from drinking the Miralax solution for about an hour, then resume drinking at a slower rate. It usually takes four hours to complete the prep. Diarrhea generally continues for about an hour or two after completing the prep.

**Continue the clear liquid diet following the prep until bedtime.**

**NOTHING to eat or drink after midnight on \_\_\_\_\_.** The only exception is taking your defined medications as instructed with a sip of water. Please contact our office with any questions.

**YOU WILL NEED A DRIVER THE DAY OF THE PROCEDURE**

M: labels/Colonoscopy miralax prep.

**Helpful hints on back** →

## HELPFUL HINTS FOR TAKING THIS PREP

- **IF YOU ARE WORKING, YOU MAY WORK AND DO THE CLEAR LIQUID DIET ALL DAY, BUT YOU WILL NEED TO START THE MIRALAX PREP WHEN YOU GET HOME FROM WORK. DO NOT START THIS ANY LATER THAN 6:00 PM.**
- **YOU ARE NOT ALLOWED MILK PRODUCTS OR ORANGE JUICE FOR YOUR CLEAR LIQUID DIET.**
- **IF YOU ARE WORKING THE PM SHIFT – TAKE THE MIRALAX PREP RIGHT AWAY IN THE MORNING AND THEN DO CLEAR LIQUIDS THE REST OF THE DAY.**
- **IF YOU WORK THE NIGHT SHIFT – THIS IS THE ONLY SHIFT WE RECOMMEND THAT YOU EITHER SWITCH SHIFTS OR TAKE THE NIGHT OFF.**
- **PLEASE REMEMBER TO HAVE SOME TYPE OF NUTRIENTS SUCH AS BROTH, BOULLION, JELLO, OR SODA, RATHER THAN JUST COFFEE OR WATER WHEN DOING YOUR DIET THE DAY BEFORE THIS PROCEDURE.**
- **WE SUGGEST YOU MAY WANT TO HAVE SOME TYPE OF LUBRICANT AVAILABLE IF YOU EXPERIENCE RECTAL DISCOMFORT FROM TAKING THE PREP. (EXAMPLE: PETROLEUM JELLY, ETC)**
- **WE DO WANT TO REMIND OUR PATIENTS THAT YOU WILL NEED TO STAY CLOSE TO THE BATHROOM ONCE YOU BEGIN TAKING THE MIRALAX PREP**

### Aylward Surgery Center Notes:

Our goal is to provide you care that will exceed your expectations. Every effort is made to ensure that the care you receive is world-class.

Please note that you are being asked to come to the surgery center earlier than your procedure time so that the nurse has time to assess your medical history and prepare you for the procedure. **You will need to know or have a list of your medications and allergies.** If the schedule is running ahead of time that day, you may be able to have your procedure done earlier than planned. However, sometimes medical emergencies occur that can delay the schedule.

Once you are in the actual procedure room you can expect to stay there for approximately 30-45 minutes if you are having a Colonoscopy.

After the procedure, the doctor will meet with your significant other and/or you to let you know the results of your procedure. It is important that someone is available to talk with the physician after the procedure.

You will be taken to the recovery room. Here your vital signs will be monitored for about 30 minutes. You will then get dressed. You will sit in a recliner and be given a snack. Your family will be allowed to join you here. The nurse will review your discharge instructions before you go home. If the doctor has not talked with you or your family yet, he will do so at this time. After this, you will be discharged.

It is important to remember that you will be receiving “moderate sedation” during your procedure. This medication is used to keep you comfortable during and after your procedure. It also produces an amnesic effect that may last for up to 12 hours. You may not be able to remember details of the procedure or whether the doctor spoke with you or your family. **You will not be able to work, drive, or operate machinery the day of your procedure once it is completed.**