

**COLONOSCOPY PREP INSTRUCTIONS - MIRALAX**

To schedule your colonoscopy or if you have any questions about your procedure, call Dr. Niemann's office at (217) 222-6550, option #1, extension 3636.

Your appointment for your colonoscopy is \_\_\_\_\_ at the Blessing Surgery Center at 1100 Spring St, Quincy, IL 62301.

**TIME:** Blessing Hospital Prep Clinic staff will call you with the tentative time of arrival approximately 3-5 days prior to your procedure. Blessing Hospital Prep Clinic is open 8 a.m. to 4:30 p.m. If you need to cancel the day of the procedure, call the GI Center at (217) 277-3505 **DO NOT CALL THIS NUMBER TO SCHEDULE THE APPOINTMENT.**

1. Be on a clear-liquid diet all day \_\_\_\_\_. Clear liquids are anything you can pour into a glass and see through. Liquids allowed are: coffee (black), tea, water, clear fruit juices (grape, apple, cranberry), bouillon, jello, soda, popsicles and Gatorade. **(NO RED COLORING)**. No solid food, milk or milk products including non-dairy creamers. No food with seeds or corn 3 days prior to procedure.
2. You will need to purchase 2 Dulcolax (bisacodyl) laxative pills and 1 bottle of MiraLax (238 gm), this is over-the-counter in the laxative section. You will also need 64 ounces of Gatorade.
3. Take the 2 Dulcolax (bisacodyl) pills at 3 p.m. on \_\_\_\_\_. Mix the whole container of MiraLax with 64 ounces of Gatorade. Start drinking the mix at 4 p.m. Drink one 8-ounce glass every 15-20 minutes. Be sure to drink ALL the solution.

**WHAT TO EXPECT:**

After 3 hours of drinking prep, stools should be watery and you should be able to see through toilet water. If not, call Physician Exchange at (217) 222-2088.

4. You may continue with clear liquids until 4 hours prior to the procedure.
5. Since you will have a mild sedative after you arrive at the Surgery Center, you must be accompanied by someone who can drive you home after your procedure.
6. You must *DISCONTINUE* the following medications 7 days prior to your procedure: aspirin, Motrin, ibuprofen, Nuprin, Advil, Aleve, any type of arthritis medication, nonsteroidal anti-inflammatory drugs (NSAIDS), iron supplements, vitamins that contain iron, Aggrenox, any blood-thinning medications such as Plavix or Ticlid, and all herbal supplements.
7. Discontinue Coumadin 3 days prior.
8. Please be sure to take any heart or blood pressure medications with sips of water the morning of procedure.
9. You may take Tylenol products or Celebrex.

**IF YOU ARE DIABETIC:** The day prior to the procedure you may take your oral medication. If on insulin, take only ½ dose of insulin. Do not take oral diabetic medications on the day of the procedure. Only take ½ dose of insulin the morning of the procedure. If taking Byetta, Januvia or Victoza, hold day before procedure and morning of procedure.