

## MIRALAX COLONOSCOPY PREP INSTRUCTIONS

Your procedure is scheduled on: \_\_\_\_\_ Procedure Time: \_\_\_\_\_ Arrival Time: \_\_\_\_\_

Location of Procedure: [ ] Central Jersey [ ] RWJUH – Somerset in Somerville  
Ambulatory Surgery Center 110 Rehill Ave  
511 Courtyard Dr. GI Center – 3<sup>rd</sup> Flr, West Elevator  
Hillsborough, NJ 08844 Somerville, NJ 08876  
908-895-0001 908-685-2200

**Please purchase the following items (over the counter)**

- One 8.3 ounce bottle of Miralax (or store brand equivalent)
- One 4.1 ounce bottle of Miralax (or store brand equivalent)
- 4 Dulcolax laxative pills 5 mg
- 2 Fleet Enemas – to be used morning of procedure if not clear (see attached photo)

**THE DAY BEFORE COLONOSCOPY - CLEAR LIQUIDS ONLY** (see clear liquid list on next page)

\*\* It is important to drink as much fluids as you can throughout the day to avoid dehydration and to help flush the bowel.

**3:00 pm**

Take 4 Dulcolax (laxative) pills with 8 ounces of water.

**5:00 pm**

Mix 8.3 ounce bottle of Miralax powder with 64 ounces of Gatorade (not red). Drink an 8 ounce glass every 30 minutes until you finish the entire mixture. If you become nauseated or vomit, take a 30 minute break, then continue.

**THE DAY OF COLONOSCOPY - Continue a clear liquid diet until 4 hours prior to your procedure time.**

At \_\_\_\_\_ (5 ½ hours prior to procedure time) mix 4.1 ounce bottle of Miralax powder with 32 ounces of Gatorade (not red). Please finish mixture by \_\_\_\_\_. (4 hours prior to procedure time).

**Take nothing by mouth within 4 hours of your procedure start time. Taking anything by mouth within 4 hours of the procedure will cause a delay or cancellation. You may take critical medications with clear liquids up until 4 hours before your procedure.**

**\*\* You MUST have someone to drive you home**

**\*\* Cancellation Policy: Cancellations within 48 hours incur a \$100 charge not covered by insurance.**

511 Courtyard Drive • Bldg. 500 • Hillsborough, NJ 08844 • Tel. (908) 218-9222 • Fax (908) 895-0185  
412 Courtyard Drive • Bldg. 400 • Hillsborough, NJ 08844 • Tel. (908) 218-9222 • Fax (908) 895-0185  
319 East Main St. • Somerville, NJ 08876 • Tel. (908) 203-0900 • Fax (908) 895-0185  
31 Mountain Blvd. • Suite H • Warren, NJ 07059 • Tel. (908) 546-7678 • Fax (908) 895-0185

## **CLEAR LIQUID LIST**

**Avoid all RED liquids – they can look like blood in the colon! NO ALCOHOL**

- Gatorade, Powerade (Sports drinks with electrolytes are recommended to help with hydration)
- water, tea or coffee (**NO CREAM OR MILK, sugar is ok**)
- Clear Broth or Bouillon
- Jell-O, Popsicles, Italian Ice (**no fruit or cream added**)
- Apple juice, White Grape juice or White Cranberry juice, Lemonade, Ice Tea (**No juice with pulp**),
- Soda such as Sprite, 7-UP, ginger ale or any cola,
- Clear hard candy, gum.

## **FREQUENTLY ASKED QUESTIONS**

### **What medications/supplements should I avoid prior to procedure?**

Stop the following blood thinners, if, and only if, the Prescribing Physician approves for the number of days s/he allows: Plavix, Clopidogrel, Effient, Brillinta, Coumadin, Warfarin, Pradaxa, Xarelto and Eliquis.

### **What medications should I take prior to procedure?**

You may take **critical** medications up until 4 hours before your start time. Do not take any vitamins/supplements the morning of your procedure. It is okay to continue Anti-inflammatory medications such as aspirin, ibuprofen, Motrin, Aleve and Tylenol.

### **Are there any special instructions for diabetic patients?**

Hold (do not take) your oral diabetic medication the morning of the colonoscopy. Take ½ of the insulin dose prior to the procedure. Use sugar free drinks for liquids during the prep to avoid increase in blood sugar. Monitor and control your blood sugar closely during your prep to prevent low and high blood sugar. Note: Your procedure may need to be cancelled if your blood sugar is over 300mg/dl on arrival.

### **Are there any special instructions I need to follow in the days prior to my procedure?**

Two days before the procedure it is best to avoid high fiber foods such as fresh/dried fruit, vegetables, seeds nuts, and marmalades.

### **Do I need to finish the entire prep if my bowel movements are clear?**

Yes. It is best to finish the entire prep as directed.

### **What should I bring with me to my procedure?**

Please bring your insurance card, photo id and current medication list.

### **What should I wear to my procedure?**

You should wear loose comfortable clothing. Leave all jewelry and valuables at home. Contact lenses should not be worn. You should not wear any clothing with metal including zippers and underwire bras.

### **Are there any special instructions for breast feeding mothers or patients of child-bearing age?**

Prior to procedure, breast feeding mothers must pump enough milk for 24 hours worth of feedings to have for after the procedure. They must also pump and dump for 24 hours after the procedure. Patients of child-bearing age should not empty their bladder until they have given a urine sample upon arrival.

### **Do I need a ride home?**

You must have someone drive you home or accompany you home on public transportation. If your procedure is in the afternoon, your driver must remain at the facility during the procedure.

Your exam is only as good as your colon prep. A good sign that the prep has been effective is the transition to clear/yellow, watery bowel movements. If, 2 hours prior to your start time, your bowel movements are not clear/yellow (that is, they are still solid or mostly brown), please call 908-895-0001 for instructions.



Adequate



Inadequate

**PLEASE TAKE A PICTURE  
OF YOUR LAST BOWEL MOVEMENT AT HOME  
AND EMAIL THE PICTURE TO  
[cjasc@dhccenter.com](mailto:cjasc@dhccenter.com)  
IF WE DO NOT RECEIVE A PICTURE,  
YOUR PROCEDURE MAY BE DELAYED  
AND YOU'RE MORE LIKELY  
TO HAVE AN INCOMPLETE PROCEDURE.  
THIS MAY LEAD TO NEEDING ANOTHER PROCEDURE.**

Please include your name and telephone number. Thank you.