

Miralax and Dulcolax (Bisacodyl) Prep Instructions for Colonoscopy Procedures

Miralax, Dulcolax (Bisacodyl) and Milk of Magnesia are sold over the counter at any pharmacy or grocery store. Miralax is available two ways: individual packets (14 packets total are needed) or by the bottle (8.3 oz container of powder is needed). You will also need to purchase a box of Dulcolax (Bisacodyl) 5 mg laxative (**not stool softener**) tablets and 9 Tablespoons of Milk of Magnesia. You will need 64 ounces of any recommended clear fluid.

Two days before your exam: Take two (2) Dulcolax laxative tablets **AND** 3 Tablespoons of Milk of Magnesia at 6 PM with a glass of water. Do not chew or crush the tablets.

The day before your exam: **You may only have clear liquids this entire day. You may not have anything solid to eat ALL DAY.**

At 5 PM: Take 2 Dulcolax laxative (Bisacodyl) tablets **AND** 3 Tablespoons of Milk of Magnesia with water. Do not chew or crush the tablets.

At 6 PM: Mix and drink the Miralax solution. The Miralax solution can be prepared two ways. You may mix 7 heaping tablespoons or 7 packets of Miralax powder with 32 ounces of clear liquid in a pitcher; or you may distribute the 7 tablespoons of Miralax powder among 5 individual glasses of 7 ounces of clear fluid. Stir well. Try to drink all the solution within one hour.

At 12 AM: Mix and drink another 32 ounces of Miralax solution, prepared as instructed above. Try to drink all of the solution within one hour. Continue to drink clear liquids through the night as you are up using the restroom.

Your stool should be watery and without any solid material after you have completed the last dose of the preparation. Your stool should look yellow like urine in color, or clearer. If your stool is not clear 5 hours before the procedure, take 2 more Dulcolax laxative tablets **AND** 3 Tablespoons of Milk of Magnesia with a large glass of clear liquid. If your stool is still not clear after the extra laxatives, please call 410-822-6005 (or 410-822-1000 if after hours to have the GI doctor paged by the operator). Please **ONLY** call the GI physician if you experience nausea, vomiting or a poor outcome from the preparation. For all other concerns, call 410-822-6005 between 8 AM and 4 PM, Monday through Friday.

The day of the exam: Continue to drink clear liquids, however **STOP FOUR HOURS BEFORE YOUR ARRIVAL TIME.** Do not eat any solid foods until after the procedure.

Helpful Tips: **Drink the mixture** slowly if you begin to feel full or if cramping occurs, drinking it all within 1 – 3 hours. This can help avoid nausea or vomiting. It is important to drink all of the solution, even if your stool appears clear. Anusol or Tucks pads may help to decrease soreness from frequent wiping. You can also walk around to help get your bowels moving. **Remember to drink plenty of clear liquids, however, STOP drinking liquids four hours before your arrival time.**

- The date of your procedure is _____ at Eastern Shore Endoscopy (410-820-8838), 511 Idlewild Avenue, Suite A, Easton, MD 21601 and your arrival time is _____.
- The date of your procedure is _____ at Shore Regional Health Easton, 219 South Washington St., Easton, MD 21601 and you will receive your arrival time by calling 410-822-1000, ext. 5647 after 2pm the business day prior to your procedure.
- The date of your procedure is _____ at Shore Regional Health Cambridge, 300 Byrn St., Cambridge, MD 21613 and you will receive your arrival time by calling 410-822-1000, ext. 5647 after 2pm the business day prior to your procedure.

UMSMG GASTROENTEROLOGY

511 Idlewild Ave, Suite B, Easton, MD 21601

410-822-6005

Office Hours: M-F 8 AM-4 PM

Matthew B. Troshinsky, MD

Volkan O. Taskin, MD

George Kunnackal John, MD

Hamza Abdulla, MD

General Colonoscopy Prep Instructions

These instructions apply to ALL colonoscopy procedures. Please follow your prep instructions attached. IF YOU HAVE BEEN HOSPITALIZED, ARE TAKING NEW MEDICATIONS OR HAVE BEEN DIAGNOSED WITH NEW MEDICAL CONDITIONS SINCE YOU WERE GIVEN THESE INSTRUCTIONS, PLEASE CONTACT THE OFFICE TO DISCUSS ANY CHANGES TO THE PREP THAT MAY BE NEEDED.

A colonoscopy is a test done by your doctor to look at the inside of your colon (large intestine). In order to have a clear view during your procedure, you must follow the instructions below completely:

- ❖ You will be receiving sedation, provided by an anesthesiologist or a Certified Registered Nurse Anesthetist (CRNA), and will not be able to drive for 24 hours. You must have someone here to drive you home or the procedure will not be performed. You should also have someone at home with you after the procedure. If you choose to come by public transportation, you must bring someone with you who can accompany you home after your procedure or the procedure will not be performed.
- ❖ Do not plan any distance travel within two weeks following your procedure (outside of the United States).
- ❖ Wear comfortable, loose fitting clothing. Leave unnecessary items at home.
- ❖ Bring your insurance cards, a photo ID and your referral if your insurance requires this. If you have a co-payment, please bring only that amount of money with you.
- ❖ Do not eat any corn, squash or watermelon for at least 3 days before your procedure.
- ❖ Take your regular medicines with a sip of water on the morning of your procedure as instructed by your physician. Do not take any medicines one hour before taking your prep. If you have any questions about your medications, please contact the physician's office in advance. This is important because changes may be made to some of your regular medicines.
- ❖ Do not take any multi-vitamins, supplements, Iron tablets, fish oil or Non-Steroidal Anti-Inflammatory medicines (NSAIDs including Advil, Motrin, Ibuprofen, Aleve, Mobic, Celebrex or Naproxen) for one week prior to the procedure. You can take Tylenol if needed for pain (arthritis, headaches, etc.).
- ❖ IF YOU TAKE ASPIRIN or BLOOD THINNNERS, READ THE FOLLOWING CAREFULLY:
 - ❖ If you take Aspirin, there is no need to stop taking it prior to the procedure.
 - ❖ If you take other blood thinners (Coumadin, Plavix, Pletal, Aggrenox, Pradaxa, Effient or others), these may need to be stopped prior to your procedure and should be discussed with our office at least two weeks in advance.
- ❖ If you are a diabetic, please monitor your blood sugar on the day of the procedure, and follow the special instructions about how to adjust your medicines.
- ❖ If you take insulin, please bring it with you, as well as a syringe and a snack on the day of the procedure.
- ❖ If you use inhalers, please bring them with you on the day of the procedure.
- ❖ If you have any questions regarding your procedure please contact the office during normal business hours (8am – 4pm) at 410-822-6005. If you have an issue after business hours, please call Shore Regional Health at 410-822-1000 and ask to speak to the GI physician on call.

The Day Before Your Procedure:

- ❖ You may not have any alcohol or solid foods the day before, or the day of your procedure. You may have clear liquids ONLY.
- ❖ You may have the following clear liquids. DO NOT drink anything red or purple in color. If you are a coffee drinker, a caffeinated beverage (Mountain Dew, tea, energy drink, etc) may help avoid headaches from caffeine withdrawal. **These include:** Water, clear broth (chicken or vegetable) or bouillon, strained fruit juices (**no** pulp- apple, white grape, lemonade), Gatorade (not red or purple), Carbonated clear soft drinks (example- ginger ale, but **no** brown cola or coffee; you may have dilute tea), Kool Aid (and other flavored drinks, but **not red or purple**), Plain Jell-O (**not red or purple** and without added fruits or toppings), Ice popsicles or Italian Ice.
- ❖ **Make sure you drink lots of clear liquids the day before and the day of your procedure. It is important you remain hydrated. Please remember to drink clear liquids; however STOP drinking liquids 4 hours before your arrival time.**
- ❖ Please follow the instructions for your colonoscopy preparation to make sure your colon is clean for the procedure. After the prep, your stools should be clear or yellow liquid, with little solid or debris. If you do not have good results from the prep or you vomit the prep, and it is after business hours, please call Shore Regional Health at 410-822-1000 and ask to speak to the GI doctor on call.