INSTRUCTIONS FOR COLONOSCOPY WITH MIRALAX/DULCOLAX

1. **Medication:** Please notify us if you are on the following medications: Plavix, Aggrenox, Pletal (cilostazol), Coumadin (Warfarin), Pradaxa, Effient, Xarelto, Brilinta or Eliquis. You will need to hold these medications **5 days prior** to your procedure. Please verify with your cardiologist or PCP whether these medications are safe to hold due to your medical condition. You should not use Lovenox the day of your procedure. If you are Diabetic, please consult your primary care physician regarding your medication and diet. **You may continue to take all other medications.** Please call our office with any questions you may have.

2. **Diet:** The day before colonoscopy, consume **CLEAR LIQUIDS ONLY! DO NOT EAT ANYTHING SOLID!** Avoid dairy products and anything that is red! Drink plenty of fluids all day. Examples: water, tea, clear sodas, Gatorade, clear fruit juices (no pulp), beef or chicken broth, Jell-O and popsicles. You may have coffee without cream.

3. **Items to purchase over the counter from the pharmacy:**
   - Miralax-1 large bottle (8.3 ounces or 238 grams)
   - 4 Dulcolax or bisacodyl tablets (20 mg total, laxative not stool softener)
   - One large 64-ounce bottle of a sports drink such as Gatorade or a clear liquid of your choice to mix with the Miralax. **Do not use carbonated beverages.**
   - Magnesium Citrate (1) one 10 oz. green bottle (Purchase **ONLY** if instructed by your physician to be consumed before taking the Dulcolax tablets)

4. **The day before:** **At 12 PM:** Swallow the Dulcolax tablets with a glass of a clear liquid. **At 3 PM:** Mix the bottle of Miralax with the 64 oz. of Gatorade or other clear liquid of your choice. (You can mix in the morning & refrigerate if you prefer it chilled). Begin drinking the Miralax solution. Drink an 8 oz. glass every 20-30 minutes until all gone. Continue drinking clear liquids throughout the entire day. **Do not have anything else to drink 4 hours prior to your procedure time.** Remove all jewelry before your procedure.

5. **Transportation:** You must have someone you know drive you home. Taxicabs are buses are not acceptable. You may not walk home. You can expect to be at the facility 2-3 hours from your arrival time.

**PLEASE CALL YOUR PHYSICIAN’S OFFICE 48 HOURS IN ADVANCE IF YOU NEED TO CANCEL OR RESCHEDULE**
- Plano (469)800-6020
- Garland (469)800-2010
- Carrollton (469)800-1130
- Frisco (469)800-6020
- Wylie (469)800-2010