

Miralax Preparation for Colonoscopy

Colonoscopy

Colonoscopy is a test that allows your doctor to look at the inner lining of your large intestine (rectum and colon). In order to achieve an accurate evaluation of your lower gastrointestinal (GI) tract, it is important that you properly prepare for the procedure. Doctors are able to obtain the clearest view of the bowel when it is flushed completely free of waste material. The thoroughness of this intestinal cleaning depends on you.

Without your cooperation, the examination cannot accomplish its purpose and may have to be repeated.

Procedure Date: _____

Check In Time: _____

Location:

_ Medical Center of McKinney.
4500 Medical Center Drive,
McKinney, TX 75069
972-547-8000

_ Preston Crossing Endoscopy Center

3500 Preston Road, Suite 200 -
Plano, TX 75093
972-985-2300

_ Texas Health Presbyterian Hospital Allen

1105 Central Expressway North,
Allen TX 75013
972-747-1000

_ Methodist of McKinney

8000 Eldorado, McKinney, TX
75070
972-569-2700

_ Baylor of McKinney

5252 W University Drive
McKinney, TX 75071
469-764-1000

For directions visit
YaminiMaddalaMD.com/patient-information

Purchase and pick up:

- a. 238-gram bottle of Miralax Powder, 10-ounce bottle of Magnesium Citrate, and a box of Ducolax Laxative Tablets
- b. 64-ounce bottle of Gatorade **from the Pharmacy.** NOTE: Do not drink Gatorade red, purple or dark blue in color
(See attached prescription, if a sample was not given).

Five (5) Days before the Procedure:

- Do Not Drink Alcohol for (5) DAYS prior to your procedure.
- Do Not take any or ibuprofen products. Taking Tylenol (acetaminophen) is allowed.
- Stop taking anticoagulants or blood thinners such as: Coumadin, (Warfarin), Celebrex, NSAIDS and Plavix. *If necessary we will request Cardiac clearance*

Day before Procedure:

- Follow a clear liquid diet throughout the day. Items include: water, clear juices without pulp (apple and white grape only), clear soda, chicken or beef broth, popsicles, Jell-O, tea, coffee, etc. If you are diabetic, drink regular (non-diet) liquids in moderation throughout the day and only take half your dose of diabetes meds (pills or insulin)
- Avoid **Food**, dairy products, orange juice and anything that is red or purple in color.
- At **4 PM**, drink a 10oz bottle of Magnesium Citrate (over the counter)
- At **5 PM** take 4 Ducolax (Bisacodyl) laxative tablets with an 8 oz glass of Gatorade.
- At **6 PM** mix the Miralax powder with the entire bottle of clear Gatorade. Shake the solution until the powder is dissolved.
- **Begin drinking 8 oz of the solution every 10-15 minutes, until finished.**

YOU MAY CONTINUE TO HAVE CLEAR LIQUIDS UNTIL BEDTIME.

- **DO NOT eat or drink anything after mid night.**

Day Of Procedure:

- DO NOT eat or drink anything 4 hours prior to your procedure. **Except for any currently prescribed heart or blood pressure medications with a sip of water.**
- If you are diabetic: To avoid dangerously low blood sugar, **Do Not** take your diabetic medication (pills or insulin) the morning of your procedure. You can resume your diabetes medications after the procedure once you have eaten.
- Plan on being at the facility for approximately 2-3 hours.
- You must have someone drive you home after your procedure. You will be sedated for your colonoscopy and will be drowsy for several hours after the procedure. You may not drive or work for 12 hours after the procedure.

YOU WILL NOT BE ALLOWED TO DRIVE OR TAKE A CAB!

Please call the office within 48 hours to **Cancel or Reschedule** your procedure to avoid a \$50 charge. If you have any questions please call Leslie at 972-562-8383