

## PREPARATION FOR COLONOSCOPY WITH MIRALAX (SPLIT-DOSE)

### \*\* 5 DAYS PRIOR TO COLONOSCOPY

- **Begin a low residue diet** and maintain thru the day prior to the procedure (see next page for details)

- Medications:

Avoid **Aspirin, Plavix, or Ibuprofen** products (**Motrin, Advil, Aleve, Naprosyn**, etc)

Hold/Address if you're taking **Blood Thinners**

(**Eliquis/Pradaxa/Xarelto/Coumadin/Warfarin/Heparin**)

**Blood Pressure** medications, take your regular dose the morning with a sip of water

If **Diabetic**, take half dose on the day before and hold off on the day of procedure

If you are on **Lisinopril**, do NOT take it on the day of the procedure



### \*\* 1 DAY PRIOR TO COLONOSCOPY

- **24 hour prior: No Drugs (Heroin, Cocaine, Oxycodone, etc.) or Smoking (Marijuana, Cannabis, Cigarettes, etc.)**

your procedure might be cancelled as these will interfere with Anesthesia and might cause problems with breathing during and after procedure

<p>One Day before,</p> <p>OK to eat one meal before 11am (low-residue diet)</p> <p>Starting at <b>Noon, STOP EATING FOOD.</b></p> <p><b>Only Drink Clear Liquids</b></p> <p><b>YES:</b> water, black coffee, tea, soda, sport beverages, apple juice, lime or lemon Jell-O, broth</p> <p><b>NO:</b> RED colored drinks, milk, soy products, orange juice, smoothies, shakes, alcohol</p>	<p><b>BOWEL PREPARATION</b></p> <p><b>*YOU NEED TO BUY THE FOLLOWING (no prescriptions needed):</b></p> <p>- <b>3 Dulcolax Laxative Tablets</b> (not suppository or stool softener)</p> <p>- <b>8.3 oz (238 g) of MiraLAX powder</b></p> <p>- <b>64 oz of Gatorade</b></p> <p>Mix and stir until completely dissolved</p> <p>*You can use Gatorade, Propel, Crystal Light (one 64 oz or two 32 oz bottles, but no RED or PURPLE colors)</p>	<p>One Day before,</p> <p><b>1. At 5pm,</b> Take <b>3 tablets of Dulcolax</b></p> <p><b>2. At 7pm,</b> Drink <b>32 oz of your mixture</b></p> <p>8 oz every 15 minutes until you finish 32 oz (4 times)</p> <p>*You may feel nauseous or need to use the bathroom. Stay close to your bathroom while you drink the mixture.</p>	<p>On the Day of,</p> <p><b>5 hours prior,</b></p> <p><i>*Your colonoscopy is at _____:_____ AM / PM</i> Start drinking at _____:_____ AM / PM and should be done by _____:_____ AM / PM</p> <p>Drink the remaining <b>32 oz of your mixture</b></p> <p>8 oz every 15 minutes until you finish 32 oz (4 times)</p> <p><b>No more drinks allowed</b> (including water) until your procedure.</p> <p>*If your stool is yellow and clear like urine, you are ready!</p>
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# Northern Virginia Gastroenterology, P.C. Dr. Nisha Chand








## Foods to enjoy when eating a low-residue diet

5 Days prior to your colonoscopy, you need to begin and maintain through the day prior to your procedure.

In general, you will need to avoid high fiber foods, stringy foods and foods with skins and seeds such as:

- Nuts
- Corn
- Bean Sprouts
- Mushrooms
- Popcorn
- Coconut

If you are not sure whether a food is safe to eat, then do not have it. Prepare the foods you can eat as described in the chart.

	<b>Foods to Eat</b>	<b>Foods to Avoid</b>
 <p>Milk and dairy</p>	Milk, cream, hot chocolate, buttermilk, cheese, yogurt, sour cream, ice cream, sherbet	Fruited yogurt, Do not mix with nuts or seeds
 <p>Bread and Grains</p>	Refined breads and grains (rolls, muffins, bagels, pasta), white rice, plain crackers, Low-fiber cereal (Cheerios, Chex, Cornflakes, Rice Krispies, Special K), potato and sweet potato without skin	Brown or wild rice, oatmeal, granola whole grain bread, rolls, pasta, or crackers High-fiber cereal Potato skins
 <p>Meat</p>	Cooked, tender fish, chicken, turkey, beef, pork, lamb, ham, veal, organ meats Eggs, tofu	No tough meat with gristle Salami cold cuts Meat substitutes made with whole grains, nuts, or seeds
 <p>Fruits</p>	Canned or cooked fruit without skins or seeds (peaches, pears, apricots, apples) Applesauce, ripe banana, jelly (but not jam or preserve) Juice without pulp	Raw fruit (except bananas) Canned pineapple, oranges, grapefruits, mixed fruit No red colors (no berries)
 <p>Vegetables</p>	Canned or cooked vegetables without skin or peel	All raw vegetables (lettuce, onion, celery, cucumber, mushrooms, scallions, etc) Vegetables with seeds Tough, fibrous cooked vegetables
 <p>Drinks</p>	Water, black coffee, tea, soda, sport beverages, apple juice, lime or lemon Jell-O, broth	Fruit or vegetable juice with pulp Beverages with red or purple dye No alcohol
 <p>Miscellaneous</p>	Salt, sugar, honey, ground or flaked herbs and spices Ketchup, mustard, mayonnaise Soy sauce, vinegar, butter, margarine, vegetable oils Clear broth	Pepper, seed spices, coconut, jams or preserves, pickles and olives