



Southwest Gastroenterology Associates
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 southwestgi.com

Double Miralax Colonoscopy Prep		
Date:	Time:	Physician:
Location: Lovelace Medical Center Downtown 601 Dr Martin Luther King Jr Ave NE, Albuquerque, NM 87102		
Please call to confirm appointment 505-999-1606 or 999-1610		

Follow the instructions below to make sure that your colon is completely clean before your colonoscopy. You will need a driver on the day of your procedure. Please call our office if you have any questions.

1 WEEK PRIOR TO YOUR PROCEDURE

Let us know if you are on any of the following blood thinners: Plavix, Coumadin, Effient, Eliquis, Xarelto, Pradaxa, Warfarin or any other blood thinning medications. Please call your managing provider for instructions on stopping your medication _____ days prior to your procedure.

Stop taking iron supplements or vitamins with iron, fish oil, krill oil, shark oil supplements as well as fiber.

Shopping list:

- 2 bottles of over-the-counter Miralax Powder, 8.3 oz each bottle. No prescription is necessary for Miralax.
- At the pharmacy, purchase Dulcolax (bisacodyl) 5 mg tablets, you will need 6 tablets total. No prescription is necessary for Dulcolax (bisacodyl).
- (2) 64oz. Gatorade or Gatorade G2 – No red or purple
- Optional for sore bottom - Plain or Aloe Baby Wipes, Desitin, A&D Ointment or Vaseline
- Clear liquids

3 DAYS PRIOR TO YOUR PROCEDURE

No fruits, vegetables or corn. No foods that contain seeds like tomatoes, green chile, sesame seed buns, etc.

You can eat meat, fish, rice, pasta, breads without seeds, peanut butter, eggs, cheese and cereal.

2 DAYS PRIOR TO YOUR PROCEDURE

No fruits, vegetables or corn. No foods that contain seeds like tomatoes, green chile, sesame seed buns, etc.

No solid foods after midnight.

Confirm your driver.

At 5:00PM, take 4 Dulcolax (bisacodyl) tablets.

1 DAY PRIOR TO YOUR PROCEDURE

Solid foods, milk or milk products are **not** allowed. Drink only “clear liquids” for breakfast, lunch and dinner. PLEASE AVOID ANY RED OR PURPLE COLORED LIQUIDS. Please read the labels.

“CLEAR LIQUIDS” INCLUDE:

- Strained fruit juice without pulp (apple, white grape, lemonade)
- Water, tea, coffee (without milk or non-dairy creamer)
- Clear broth or chicken, beef or vegetable bouillon
- Alcohol Is Not Permitted
- Plain Jello or ice popsicles

At 12:00 noon: Take 2 Dulcolax (Bisacodyl) laxative tablets with of water.

Thoroughly mix one 8.3oz of Miralax with one 64oz of Gatorade or Gatorade G2 as your first dose and mix your second bottle of 8.3oz Miralax with your second bottle of 64oz Gatorade or Gatorade G2 and refrigerate.

5:00 p.m. Begin drinking the first dose (64oz.) Miralax-Gatorade mixture. Drink an 8 oz. glass of the Miralax Gatorade mixture every 10 to 15 minutes if this is difficult try every 20 minutes. Continue drinking until you finish the whole 64 oz.

AT _____**AM/PM**, begin drinking your second dose. Again, drink 8oz. glass every 15 minutes until you finish the second dose of the prep (64 oz.). You must finish the prep _____ hours prior to your procedure.

Take your medications at least 2 hours prior to your procedure with a small sip of water only.

Do not have anything to eat or drink (no liquids) after midnight the night before your procedure.

Do not skip heart, blood pressure or seizure medications.

You will need your current insurance card, picture ID and copayment.