



Procedure Date: \_\_\_\_\_

### **MIRALAX PREP FOR COLONOSCOPY**

In order to achieve an accurate evaluation of your lower gastrointestinal (GI) Tract, it is important that your child 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.

#### **5 days before procedure:**

1. **DO NOT** take any aspirin or ibuprofen products. Tylenol (Acetaminophen) is allowed.
2. **DO NOT** consume any foods that contain seeds or nuts. These foods take longer to pass through the bowel and should be avoided.

#### **Day Before Procedure:**

1. You will need to follow a CLEAR LIQUID DIET the entire day before your procedure. We ask that you avoid dark colored liquids (red, purple, or dark blue). NO milk products, NO vegetables, NO breads or grains, NO meats and NO fats or oils are allowed. By rule of thumb, a clear liquid is one that can be seen through. Some examples include: clear juices without pulp, clear soda, chicken or beef broth, popsicles, Jell-o, Italian Ice, tea, coffee, clear hard candy, etc. If your child is diabetic, drink regular (non-diet) liquids in moderation throughout the day.
2. Take regularly prescribed medication (except for blood thinners as detailed above.)
3. Mix 3 capfuls (17 grams of Miralax per capful) into a 20oz. Gatorade. You should prepare 8 or more bottles like this. Refrigerate.

4. After Breakfast, begin drinking solution. Drink an 8oz glass every 10-15 minutes. It is best to drink the whole glass rapidly rather than sipping small amounts continuously. Bowel movements should occur about one hour after the first glass.
5. Lunch may be Jell-o or pudding.
6. Patient should continue Miralax and Gatorade until stools are clear and watery without any stool substance in it.
7. When stools are clear and watery without any stool substance in it, take \_\_ (5mg each) tablets of Dulcolax.
8. After you are finished drinking the solution, you should have **nothing solid** to eat. You may continue to have clear liquids until midnight.
  - **NOTE:** It is normal to feel very “full” or “Bloated” during your prep. Some people may also experience nausea and vomiting. If this occurs, simply wait 30 minutes before resuming drinking. **Stool should be clear and watery without any stool substance in it.**
  - If the vomiting resumes, please call our office. If your bowel movements are not clear or pale yellow after drinking the solution, please call our office at 717-422-5546.

**On the Day of the Procedure:**

1. **If you are diabetic:** Do not take diabetic medications (Pills or Insulin) the morning of your procedure. If you normally monitor your blood sugars at home, please check your blood sugar the morning of your Procedure. If your blood sugar is over 150 or below 90, please contact the facility your child will have their scheduled procedure completed (see below for contact information). An anesthesia specialist will provide you with further instructions.
2. Do not have anything to eat or drink.
3. Please report to your appointment one hour and 15 minutes prior to procedure time. **NOTE:** the procedure will last approximately one and one-half to two hours.
4. A driver **must** come with you in order to drive you home after the procedure. Patient will be sedated for the colonoscopy and will be sleepy for several hours after the Procedure.

<b>Facility Name</b>	<b>Facility Phone</b>
Carlisle Outpatient Surgery Center	717-960-3700