

COLONOSCOPY DIABETIC PREP - MIRALAX AND CRYSTAL LIGHT (A.M.)

PLEASE READ ALL ENCLOSED INFORMATION CAREFULLY.

Please complete all enclosed forms and bring them, along with your insurance card(s), copayment or deductible on the day of your procedure.

- **NOTE:** If you take any blood thinning medications such as Coumadin, Warfarin, Plavix®, have an artificial heart valve, or an allergy to Latex, please call 303-205-1090 ext 8503 for further instructions.

Purchase at the grocery store or pharmacy: (OVER THE COUNTER) No prescription is required.

- Dulcolax® Laxative 5mg tablets.** (you will be taking 4 tablets)
Be sure it is the laxative tablets, **NOT** the stool softeners.
- Miralax® 238 gram bottle.**
- Crystal Light® sugar free drink 64oz.** (NO RED, ORANGE OR PURPLE FLAVOR)

PLEASE FOLLOW THE INSTRUCTIONS BELOW COMPLETELY

THE DAY BEFORE YOUR COLONOSCOPY YOU MUST BE ON A CLEAR LIQUID DIET ALL DAY. NO SOLID FOODS OR DAIRY PRODUCTS ALLOWED.

- Clear liquids consist of plain broths, clear juices like white grape or apple (no pulp)
- Plain sugar free Jello - lemon or lime
- Sugar free drinks as long as not colored red, orange or purple
- Plain coffee or tea without creamer
- Popsicles (sugar free)
- And of course, water
- NO ALCOHOLIC BEVERAGES ALLOWED

ON THE DAY BEFORE YOUR PROCEDURE

- **3:00 pm,** take **4 Dulcolax® 5mg laxative tablets** with a glass of water.
- **5:00pm,** mix together **HALF OF BOTTLE of Miralax® with 32oz of Crystal Light®** in a pitcher. Drink an 8oz glass of solution every 15 minutes until gone.
- An hour and a half later, drink the **OTHER HALF BOTTLE of Miralax® mixed with 32oz of Crystal Light®** every 15 minutes until gone.
Drink an additional 16 oz. of clear liquids through the rest of the evening.

Diarrhea usually begins within an hour or two, but may vary. You may notice some bloating or cramping at the beginning, but this will improve once the diarrhea begins. Diarrhea usually continues for 1-2 hours **after** completing the Miralax®. Stay close to a bathroom once you start the prep. You may use non-alcohol wipes to cleanse after each bowel movement, and a barrier cream such as A & D ointment® for chaffing.

DAY OF PROCEDURE:

You should take any blood pressure and heart medications the morning of the procedure with only a small sip of water. You may brush your teeth. Please don't forget to bring your completed paper work, insurance cards, copayment or any deductible due at time of service.

YOU CAN HAVE CLEAR LIQUIDS ONLY UNTIL 4 (FOUR) HOURS BEFORE YOUR PROCEDURE. NOTHING BY MOUTH AFTER THAT. (NO GUM OR MINTS)