

GI OF NORMAN, LLC

FLEXIBLE SIGMOIDOSCOPY OR COLONOSCOPY PREPARATION

MIRALAX 255 GM BOTTLE PREP

Bowel preparations are variable and can be quite uncomfortable. Constipated patients usually require a more rigorous preparation and you should discuss this with the nurse. We use three different types of preparations, trying to find the one that will be the easiest on you.

**NO SEEDS, HULLS, OR NUTS THREE DAYS BEFORE EXAM.
NO ASPIRIN OR COUMADIN FIVE DAYS BEFORE PREPARATION.**

Day Before Examination: _____ .

1. Drink only clear liquids for breakfast, lunch and dinner.

IN THE AFTERNOON ONLY HAVE SPRITE, 7-UP OR WATER.

2. At _____ take 4 Dulcolax tablets by mouth.

3. At _____ start drinking Miralax. Add one capful to 8 ounces of water every 15-30 minutes until gone.

4. At _____ take 2 Dulcolax tablets by mouth if not clear.

5. Drink three 8 ounce glasses of water in the evening after your prep at least an hour before retiring, more if desired, to provide adequate hydration (an hour apart is usually best).

Day of Exam: _____ .

1. Administer enema **at least one hour before leaving your home.** This is necessary to ensure the colon is clean.

2. No medications are to be taken except heart or blood pressure medications.

3. Water only is allowed until four hours before exam. Nothing to drink after _____.

4. Your procedure is scheduled for _____. Arrive for admitting process at MPEU, 1125 N. Porter, Suite 304 at _____, or NRH outpatient admitting (NE entrance) at _____.

During the bowel prep, if nausea or vomiting occur, stop preparation and wait two hours, then slowly resume.

YOU MAY EXPERIENCE MILD TO MODERATE ABDOMINAL CRAMPS OR DISCOMFORT, WHICH WILL PASS, AND YOU SHOULD CONTINUE TAKING YOUR PREPARATION AS DIRECTED TO ENSURE YOUR COLON IS AS CLEAN AS POSSIBLE. VASELINE OR VITAMIN A&D OINTMENT CAN BE UTILIZED TO KEEP RECTAL SKIN AREA COVERED. IF YOU WILL BE MEDICATED FOR THIS PROCEDURE, YOU MUST BRING A DRIVER WITH YOU. PLEASE DRESS COMFORTABLY IN A TWO PIECE OUTFIT. IF YOU HAVE ANY QUESTIONS, YOU MAY CALL THE OFFICE AT 360-2777.