

MIRALAX AM COLONOSCOPY PREP INSTRUCTIONS

Your procedure is scheduled on _____ Procedure Time _____ Arrival Time _____

Location of Procedure	<input type="checkbox"/> Central Jersey	<input type="checkbox"/> RWJ University Hospital
	Ambulatory Surgery Center	110 Rehill Ave
	511 Courtyard Dr. 1 st Floor	GI Center – 3 rd Floor
	Hillsborough, NJ 08844	Somerville, NJ 08876
	908 895-0001	908-685-2200

THE DAY BEFORE YOUR COLONOSCOPY

CLEAR LIQUIDS ONLY (see clear liquid list on the next page)

****It is important to drink as much fluids as you can throughout the day to avoid dehydration and help flush the bowel.**

Note: The times listed below are subject to change, depending on your procedure time.

5:00 PM - Take 4 Dulcolax (laxative) pills and 1 Simethicone table with 8 ounces of water.

6:00 PM – Mix 8.3 ounce bottle of Miralax powder with 64 ounces of Gatorade, Powerade etc.

Drink an 8 ounce glass every 30 minutes until you finish the entire mixture. If you become nauseated or vomit, take a 30 minute break, then continue.

9:00 PM – Take one Simethicone tablet.

THE DAY OF YOUR COLONOSCOPY

Continue a clear liquid diet until 4 hours prior to your procedure start time. **Take nothing by mouth within 4 hours of your procedure time.** Taking anything by mouth within 4 hours of the procedure will cause a delay or cancellation. You may take critical medications with clear liquids up until 4 hours before your procedure.

****You must have someone to drive you home.** Cancellations within 48 hours incur a \$100 charge not covered by insurance.

3/17/25

CLEAR LIQUID LIST

Avoid all RED liquids – they can look like blood in the colon! NO ALCOHOL

- Gatorade, Powerade (Sports drinks with electrolytes are recommended to help with hydration)
- water, tea or coffee (**NO CREAM OR MILK, sugar is ok**)
- Clear Broth or Bouillon
- Jell-O, Popsicles, Italian Ice (**no fruit or cream added**)
- Apple juice, White Grape juice or White Cranberry juice, Lemonade, Ice Tea (**No juice with pulp**),
- Soda such as Sprite, 7-UP, ginger ale or any cola,
- Clear hard candy, gum.

FREQUENTLY ASKED QUESTIONS

What medications/supplements should I avoid prior to procedure?

Stop the following blood thinners, if, and only if, the Prescribing Physician approves for the number of days s/he allows: Plavix, Clopidogrel, Effient, Brillinta, Coumadin, Warfarin, Pradaxa, Xarelto and Eliquis.

What medications should I take prior to procedure?

You may take **critical** medications up until 4 hours before your start time. Do not take any vitamins/supplements the morning of your procedure. It is okay to continue Anti-inflammatory medications such as aspirin, ibuprofen, Motrin, Aleve and Tylenol.

Are there any special instructions for diabetic patients?

Hold (do not take) your oral diabetic medication the morning of the colonoscopy. Take ½ of the insulin dose prior to the procedure. Use sugar free drinks for liquids during the prep to avoid increase in blood sugar. Monitor and control your blood sugar closely during your prep to prevent low and high blood sugar. Note: Your procedure may need to be cancelled if your blood sugar is over 300mg/dl on arrival.

Are there any special instructions I need to follow in the days prior to my procedure?

Two days before the procedure it is best to avoid high fiber foods such as fresh/dried fruit, vegetables, seeds nuts, and marmalades.

Do I need to finish the entire prep if my bowel movements are clear?

Yes. It is best to finish the entire prep as directed.

What should I bring with me to my procedure?

Please bring your insurance card, photo id and current medication list.

What should I wear to my procedure?

You should wear loose comfortable clothing. Leave all jewelry and valuables at home. Contact lenses should not be worn. You should not wear any clothing with metal including zippers and underwire bras.

Are there any special instructions for breast feeding mothers or patients of child-bearing age?

Prior to procedure, breast feeding mothers must pump enough milk for 24 hours worth of feedings to have for after the procedure. They must also pump and dump for 24 hours after the procedure. Patients of child-bearing age should not empty their bladder until they have given a urine sample upon arrival.

Do I need a ride home?

You must have someone drive you home or accompany you home on public transportation. If your procedure is in the afternoon, your driver must remain at the facility during the procedure.

Your exam is only as good as your colon prep. A good sign that the prep has been effective is the transition to clear/yellow, watery bowel movements. If, 2 hours prior to your start time, your bowel movements are not clear/yellow (that is, they are still solid or mostly brown), please call 908-895-0001 for instructions.



Adequate



Inadequate

IMPORTANT

For the safety of our patients, the policy of Central Jersey ASC requires all patients to have a responsible driver 18 years or older to transport them home after their procedure.

Patients taking a taxi or ride share, must have a responsible adult 18 years or older, either accompanying them home or if they are unable to accompany you, they must be available to verify that you have arrived safely. If you are taking a taxi or ride share and your responsible adult is not able to accompany you home, our nursing staff will contact them prior to your procedure to confirm that they are able to make sure you arrive home safely.

We encourage your driver to remain close to the center as you will most likely be here for a period of 1½ to 2 hours. We ask that our waiting room remain reserved for patients only. There is limited seating in our common areas of the building (including the 2nd floor), for drivers to wait. They are also able to wait in their cars and will be called when you reach the recovery area to let them know you will be ready for discharge in 30 minutes.

The surgery center closes at 5:00 pm. If your procedure is scheduled 3:00 pm or later, we ask that your driver remain on the premises due to unforeseen traffic issues in our area.

**MIRALAX COLONOSCOPY PREP
SHOPPING LIST**

ONE 8.3 OUNCE BOTTLE OF MIRALAX (or store brand equivalent)

FOUR DULCOLAX 5 MG LAXATIVE PILLS

TWO SIMETHICONE 125 MG TABLETS (gas relief tablets)

****PURCHASE TWO SALINE ENEMAS TO HAVE ON HAND FOR THE MORNING
OF THE PROCEDURE IN THE EVENT THE PREP IS INSUFFICIENT.**