

## Miralax (Glycolax) / Bisacodyl Preparation for Colonoscopy

NAME: \_\_\_\_\_ PROCEDURE DATE: \_\_\_\_\_

LOCATION:

- Benbrook Medical Center, Building #1, 102 Technology Drive, Butler PA
- Butler Memorial Hospital, One Hospital Way, Butler PA

### **Medication Restrictions:**

If you are taking any of the blood thinners listed below, you **MUST** call and inform the doctor prescribing these medications that you are referred for a colonoscopy. Contact the prescribing provider **at least one week** prior to the procedure to ask if it is safe to stop your blood thinner. Also clarify when you should stop and restart the medication. If your physician instructs you **NOT** to stop the medication, please **NOTIFY** our office immediately.

**Coumadin**

**Pradaxa**

**Eliquis**

**Brilinta**

**Warfarin**

**Xarelto**

**Effient**

**Plavix**

If you are taking an **iron supplementation** or **iron-containing medication** including a multi-vitamin, you **MUST** stop taking these medications **seven (7) days** prior to your procedure.

You **MAY** take any **cardiac** or **blood pressure medication** as usual, at least **two (2) hours** prior to your procedure with just a sip of water.

If you are **diabetic**, please **DO NOT** use **insulin** or take any **other diabetic medication** on the day of the procedure until **after** your procedure, unless otherwise instructed by your primary care physician.

All other medication only need to be held the day of your procedure. These include, but are not limited to prescription medications, supplements, Aspirin, Ibuprofen, Motrin, Advil, Naprosyn, Naproxen, Aleve, Fish Oil, Omegas and Glucosamine. You may take these the evening prior and/or as soon as you return home.

**There is NO prescription sent to your pharmacy for this. You need to purchase two (2) bottles of Glycolax (Miralax) 238gm each and 4 bisacodyl laxative tablets (over the counter). Follow dosing instructions on the back of this page and NOT the manufacturer's instruction on packaging.**

This product is a medication that has been combined with laxatives and a liquid diet for use as a bowel preparation for colonoscopy. It works very quickly-- the average time to first bowel movement is within 1 hour of drinking solution. You will use the bowel preparation the day **before** your test. **It is very important for you to FOLLOW ALL THE STEPS COMPLETELY or your doctor may not be able to complete the exam.**

**\*\*\*\*\*TURN PAGE OVER FOR ADDITIONAL INSTRUCTIONS\*\*\*\*\***

**DAY BEFORE THE PROCEDURE: CLEAR LIQUIDS ONLY ALL DAY (From the time you wake up)**

**What's considered a "clear liquid"?**

A clear liquid is any beverage you can see through. No red or purple colored liquids. Sugar, sweetener and lemon are allowed. No cream, milk or pulpy juices are permitted.

- fruit juices
- Gatorade®
- tea/ black
- broth (beef, chicken)
- popsicle
- 7-Up®
- coffee
- black coffee
- Powerade®
- Sprite®
- iced tea
- Jell-O® (no fruit)
- Pedialyte®
- bouillon
- lemonade
- water

**You are not allowed to have any alcoholic beverages 24 hours before or after the test.**

**At 4 P.M.: MIX THE SOLUTION**

At 4 P.M. the day before the exam, mix 2 quarts of Crystal Light drink mix. You may substitute another brand of drink mix but only use a drink mix with an artificial sweetener. Add 1 bottle of Miralax (Glycolax) 238 grams to the solution making sure it is dissolved completely. Refrigerate the solution.

**At 5 P.M.: DRINK ALL THE SOLUTION**

Drink 1 (8 oz.) glass every 10-15 minutes. Drink each glass quickly. A watery bowel movement should begin in approximately 1 hour. Be sure to drink ALL the solution. You will still have loose bowel movements for about 1 to 2 hours after you finish drinking the solution. Continue to drink as much clear liquids as possible.

**At 9 P.M.: TAKE 4 BISACODYL OR DULCOLAX TABLETS**

Take four (4) bisacodyl or Dulcolax laxative tablets with water. Do NOT chew or crush these tablets. You may continue to drink as much clear liquids as you like until midnight.

**DAY OF THE PROCEDURE**

**Four hours prior to leaving your home**, mix 2 quarts of drink mix and add 1 bottle of Miralax (Glycolax) 238 grams to the solution making sure it is dissolved completely. Drink 1 (8 oz.) glass every 10-15 minutes. Drink each glass quickly.

**Nothing else by mouth until after your procedure.** Your stool should be liquid, clear and free of solid material. If it is not clear, please contact the office after 8 a.m.

Since you will be receiving sedating medications or narcotics, you are required by law to be accompanied by someone to drive you home when you are ready for discharge. You may not drive or return to work until the morning after your procedure.

**ADDITIONAL INFORMATION:**

**You will be contacted by telephone the business day before your procedure to confirm your arrival time.** If you need to cancel, please call our office at 833-391-0654 or the number listed below for the facility at which you are scheduled. **IF YOU DO NOT RECEIVE A CALL BY 3 P.M. REGARDING YOUR ARRIVAL TIME, PLEASE CONTACT THE FACILITY IN WHICH YOU ARE HAVING YOUR PROCEDURE. PLEASE REFER TO THE NUMBERS BELOW FOR CONTACT INFORMATION.**

Benbrook Surgical Center      724.431.0740  
Butler Memorial Hospital      724-284-4595