



Birns, Gloger, Witten & Bhinder, MD

Patient Name: _____

**INSTRUCTIONS FOR COLONOSCOPY
MIRALAX PREP**

Date: _____ Time of Procedure: _____

Arrival Time: _____ with Dr. _____

Location: _____ **Urbana GI Endoscopy Center –**
3280 Urbana Pike # 104 Ijamsville, MD 21754
Phone # 240-436-6440

_____ **GIEA –**
15005 Shady Grove Rd # 200 Rockville, MD 20850
Phone # 301-340-8099

_____ **Shady Grove Hospital, Outpatient–**
9901 Medical Center Dr Rockville, MD 20850
Phone # 240-826-7541

_____ **Frederick Memorial Hospital Outpatient –**
400 W. 7th Street Frederick, MD 21701
Phone # 240-566-3300

You must have someone drive you home. If you plan to take a taxi home, you must have someone accompany you. You will be ready to be discharged ½ to 1 hour after your procedure is complete.

Please leave all valuables and jewelry at home.

Please remember we require 72 hours notice for cancellations or rescheduled appointments. If you fail to give 72 hours notice you may be charged a cancellation fee.

ONE WEEK BEFORE THE PROCEDURE

Please stop the use of aspirin or aspirin products if a doctor has not prescribed them for you. Nonsteroidal products such as Ibuprofen, Relafen, Voltaren, Indocin, Celebrex, and Advil should be used sparingly. In addition Coumadin (warfarin), Persantine (dipyridamole), Pradaxa or Aggrenox should be held for 3 days prior to the procedure. In terms of stopping any of these prescriptions, please consult with the prescribing doctor about your ability to safely hold these medications for the requested time periods. You may take Tylenol as necessary.

YOU WILL NEED

- One bottle of MiraLAX powder (8.3 oz. or 238 grams)
- 8 - 5 mg Dulcolax laxative tablets (generic name bisacodyl)
- 64 oz. of clear liquid products listed on the back, please use a sugar free product like Crystal Light if you are Diabetic.

DO NOT USE CARBONATED BEVERAGES TO MIX YOUR PREP

5 DAYS PRIOR TO THE PROCEDURE

Stop eating high fiber foods and fiber supplements (including nuts, corn, popcorn, raw fruits, vegetables and bran)

DAY BEFORE THE PROCEDURE

You must be on a **clear liquid diet** the entire day before your procedure (**no solid foods**)

DO NOT drink milk

DO NOT drink alcoholic beverages

Any of the following clear liquids are OK

Water

Strained fruit juices (without pulp) including apple, orange, grape, or cranberry

Limeade or Lemonade

Coffee or Tea (DO NOT use any dairy or non-dairy creamer)

Clear broth (beef, chicken, or vegetable) with or without salt or pepper

Soda or Gatorade, PowerAde or Vitamin Water type products

Crystal Light

This is the laxative dosing regimen you must follow the day before your procedure.

STEP 1 JUST BEFORE 4 pm	Using a large pitcher- Mix the 8.3 oz. or 238 gram bottle of MiraLAX with 64 oz. of clear liquid. Stir the solution until the MiraLAX powder is completely dissolved. You may refrigerate if desired.
STEP 2 4:00 pm	Take four (4) Dulcolax laxative tablets (generic name bisacodyl)
STEP 3 4:15 pm	Drink one (1) 8 oz glass of solution every 15 - 30 minutes until the solution is finished
STEP 4	As soon as you have finished all of the solution, take the last (4) Dulcolax (bisacodyl) Laxative Tablets.

The purpose of this prep is to clean your colon. Your bowels should run clear.

*We recommend coating the rectal area with **VASELINE** to protect the skin from chaffing during your prep

*****You must be totally fasting 4 hours before the procedure. This means you may have nothing to eat, drink, smoke, or chew 4 hours prior to the procedure.**

To avoid the risk of a delay or a cancelled procedure, please be very careful to not eat, drink smoke or chew during this 4 hour time frame.

If any problems or questions arise, please call our office at 301-251-1244 option 3 during normal business hours.