

# MaineGeneral Gastroenterology

## Preparation for Colonoscopy with MiraLAX® Max Prep (PM Prep)

### Do these things **seven days before** your procedure:

- Purchase MiraLAX® and Dulcolax®. You can buy these over the counter at the pharmacy.
- Arrange for a ride home after your colonoscopy. You will receive medication that makes you relax and feel sleepy, so you cannot drive yourself home after your colonoscopy. If you come without your driver, your procedure will be rescheduled.
- Stop taking iron.
- If you are taking blood thinners please call 861-6500 option 3
- **Do not stop your aspirin regimen unless our office tells you to stop.**
- If you are diabetic, see reverse side of instructions.
- Mix 238 grams MiraLAX® in 64 oz. of a clear liquid. Drink an 8 oz. glass every 15 minutes until gone.

### Do these things **six days before** your procedure:

- Confirm your ride.
- If you need to cancel your appointment, call 861-6500 and choose option 2.
- Review the diet you need to follow for the next three days. Plan your meals according to this diet.
- Begin taking MiraLAX®, 17 grams, 1-2 times daily in 8 ounces of clear liquid.

### Do these things **three days before** your procedure:

- Drink at least 8 glasses of fluid throughout the day.
- Stop eating seeds, popcorn, nuts and whole grains.
- Stop eating fresh fruits and vegetables.

**If you have problems** with this preparation, call 861-6500 and choose option 3. If you call after hours, you will reach the answering service staff who will page the doctor on call.

Appointment Date: \_\_\_\_\_

Arrival Time: \_\_\_\_\_

Appointment Time: \_\_\_\_\_

Procedure Location:  
**MaineGeneral Endoscopy  
Thayer Center for Health  
149 North Street  
Waterville**

### Do these things **two days before** your procedure:

- At 6 p.m. take 3 Dulcolax®/Bisacodyl tablets.
- Begin a clear liquid diet after your evening meal. If you put a liquid in a clear glass and you can see through it, it is okay to drink. A clear liquid can include:
  - Apple, white grape and cranberry juices
  - Beef or chicken broths that are clear
  - Clear sodas, Gatorade®, Kool-Aid® and various JELL-O flavors (any color except red or orange).
- Avoid: Juices with pulp, milk, cream and solid food.
- **If you are diabetic**, see reverse side of instructions.

### Do these things **one day before** your procedure:

Fill a container with 64 ounces of Gatorade® (or other clear liquid) and add 238 grams of MiraLAX®.

- At 6 p.m. take 2 Dulcolax®/Bisacodyl tablets.
- At 9 p.m. the night before your procedure, drink half of the MiraLAX® solution. Aim to drink the entire 32 ounces within one hour.
- At 10 p.m. take 2 Dulcolax®/Bisacodyl tablets.  
The laxative liquid will cause you to have many bowel movements. This will give you a clean colon for the procedure.

### Do these things **the day of** your procedure:

- Drink the remaining 32 ounces of MiraLAX® at \_\_\_\_\_ (6 hours before your scheduled procedure time).
- Take your heart and blood pressure medications with a sip of water.
- You may have clear liquids until 3 hours before the procedure.
- Arrive one hour before your appointment time.

*Guidelines for patients with diabetes on back*

## Guidelines for Patients with Diabetes

### **Drink plenty of clear liquids that contain sugar.**

- Avoid caffeinated drinks. They can cause dehydration.
- Check your blood glucose (sugar) at least every 2 to 4 hours and record the results.
- Check your blood sugar the morning of the procedure. If it is low, call Endoscopy at 861-6500. If you call before 8:30 a.m., the answering service will page the doctor on call for you.

### **If you use long-acting insulin:**

- Take your long-acting insulin as prescribed. These include LANTUS<sup>®</sup>, Levemir<sup>®</sup> or your insulin pump.

### **If you use short- or medium-acting insulin:**

- Cut back to half the usual dose the day before your procedure.

### **If you take oral agents (pills):**

- Take your pills as directed the day before your test.
- On the day of your test, do not take your pills until **after** your procedure.