

John R. Loughrey, M.D.

DIGESTIVE DISEASES

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COLONOSCOPY

Miralax Prep

Colonoscopy is performed to view the inside of your colon. A flexible fiber-optic scope is inserted through the rectum.

For the procedure to be done properly and safely, your colon must be empty. **THIS REQUIRES A CLEAR LIQUID DIET THE DAY BEFORE THE PROCEDURE.** Clear liquids are liquids that can be seen through and include water, coffee, tea, fruit juices (apple, grape, cranberry), soft drinks, and broth. Popsicles and jello are also acceptable (avoid those with red or blue coloring).

STARTING AT 5 PM THE EVENING BEFORE THE PROCEDURE, TAKE TWO 17 GRAM DOSES OF MIRALAX IN TEN OUNCES OF WATER OR OTHER CLEAR LIQUID. REPEAT TWO 17 GRAM DOSES IN TEN OUNCES OF LIQUID AT 6 PM, 7 PM, AND 8 PM. CONSUME AS MUCH LIQUID AS COMFORTABLE BETWEEN DOSES BUT CONSUME AT LEAST EIGHT OUNCES EVERY 30 MINUTES.

ON THE MORNING OF THE PROCEDURE, FIVE HOURS BEFORE LEAVING THE HOUSE, REPEAT THE TWO 17 GRAM DOSES OF MIRALAX IN TEN OUNCES OF LIQUID. REPEAT THE DOSES FOUR HOURS AND THREE HOURS BEFORE LEAVING. AS THE EVENING BEFORE, TAKE AT LEAST EIGHT OUNCES OF ADDITIONAL FLUID EVERY 30 MINUTES BETWEEN DOSES.

If you are taking medications, ask about taking them the morning of the procedure.

Medication will be given in your vein to make you sleepy but you need not be completely asleep. **DO NOT PLAN TO DRIVE YOURSELF HOME AFTER THE PROCEDURE IS COMPLETED.**

Complications from colonoscopy are rare and most are related to the medications given for sedation but the colonoscope can tear the colon wall or cause bleeding which might require further treatment Colonoscopy is the most effective cancer screening procedure available. No test, however, is perfect and under some circumstances, problems can be missed.

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Date:

Location:

Arrival Time:

Procedure Time: