

## Clear Liquids List

A clear liquid is anything you can see through

- ◆ Water
- ◆ Coconut Water
- ◆ Clear juices without pulp (white grape, apple) **No purple grape juice**
- ◆ Lemonade
- ◆ Yellow, orange, white Gatorade
- ◆ Clear soda (Ginger ale, 7-up, Sprite, Sierra Mist)
- ◆ Black Coffee & Tea (no milk or sugar)
- ◆ Popsicles and Jell-O (No red or purple)

◆ **No soup or soup broth**

Speak with your primary care physician if you:

- ◆ Are taking Coumadin (warfarin), Plavix (clopidogrel), Ticlid (ticlopidine hydrochloride), Agrylin (anagrelide), or over-the-counter medications like aspirin, vitamin E, or other anti-inflammatory medications.
- ◆ Have diabetes and take insulin. You may need to have your insulin adjusted the day before and the day of the procedure. Please bring your diabetes medication with you so you can take it after the procedure if needed.
- ◆ It is important to continue to take all other prescribed medications. On the day of the procedure, please take your prescribed medicines with a sip of water.

## Taking the Prep Solution:

- You will develop significant diarrhea after drinking the preparation. Plan to be near a bathroom. This is normal as it means the medication is working to clear stool from your colon.
- Most people feel mild bloating and mild abdominal cramps. This is normal. Drinking the prep medication more slowly and over a longer period of time can help alleviate these symptoms.
- A successful colon prep will cause you to have clear yellow ("tea-colored") liquid stools.
- Please finish your preparation regardless of your stool

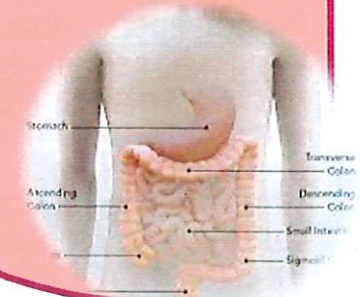


Northern Maine Medical Center  
194 East Main Street



**northern maine**  
MEDICAL CENTER

## Miralax Colonoscopy Prep Instructions



## General Information

- ◆ You will receive a call 2 days prior to your exam with your appointment time.
- ◆ Stay home once you begin your prep.
- ◆ Arrive to the main entrance of the hospital
- ◆ Endoscopy Suite is located on the 3rd floor
- ◆ **A driver is required on the day of your exam.**

## Have Questions? Contact Us

- ◆ You may reach the doctor's office Monday through Friday, 8 AM to 4 PM at **834-3060**.
- ◆ You may reach the Surgical Services Department Monday to Friday 8 AM to 4 PM at **834-1674**.
- ◆ After hours or on weekends call our Nursing Supervisor at **834-1617**.



# Department of Surgical Services

## Endoscopy Prep Procedure

 1 Week Prior to Your Procedure

 5 Days Prior

 24 Hours Prior

 Procedure Day

### ✓ REMEMBER:

- Do not eat:  
Popcorn, seeds, nuts, corn, beans, salad, multigrain bread, foods with skin, cheese, soup, soup broth, or high fiber foods
- Stop all bulk forming agents (Metamucil, Citrucel, Perdiem)

### Important Prior to Your Exam

If you experience chest pain, shortness of breath, cold or flu like symptoms or have started a new course of antibiotics, please contact the OR at 834-1674 during the week 8am to 4pm or the Nursing Supervisor at 834-1617 prior to starting your prep.

- Do not take aspirin, anti-inflammatory medications, vitamin E, vitamin D or fish oil unless directed by your doctor.
- Do not take iron-containing preparations (such as multivitamins with iron). These products make it more difficult for the doctor to see the inside of the colon.

### EAT NO FOOD

- Mix your 8.3 oz of Miralax-prep with 64oz of water and then refrigerate. Do not mix more than 24 hours prior to the exam.
- Drink clear liquids all day. One glass (8-10 ounces) every 20 minutes until gone.

### Instructions for Arrival prior to 11 AM

At 4 PM take 2 Dulcolax tabs and start drinking prep solution one glass every 20 minutes until gone. At 7PM take 2 more Dulcolax tabs

Once you have completed the prep, Take 2 Gas-X tabs and you may resume clear liquids until midnight.

**At this point your stool should be clear or yellow.**

### Instructions for Arrival after 11 AM

During the evening prior to the exam, take 2 Dulcolax pills at 4 PM and drink 1/2 the prep, one glass every 20 minutes until gone.

At 5 AM on the day of exam, drink the second 1/2 of the prep solution until gone. It must be gone by 7 AM.

**Do not eat or drink once the prep is complete.**

