



**Liberty Surgical Associates, PLLC**  
400 136<sup>th</sup> Ave. Holland, MI 49424 616-738-0470 Fax: 616-738-0498

## **Holland Hospital Colonoscopy Instruction Sheet** ***Chronic Constipation***

### **Instructions for the use of MiraLax:**

Purchase your prescriptions, faxed to \_\_\_\_\_, of six (6) Dulcolax tablets (laxative), two (2) 238g bottles of MiraLax, one (1) bottle of Milk of Magnesia, and four (4) 32oz bottles of clear colored Gatorade or Propel, or any brand of electrolyte/mineral supplemented water. (Note: Your total solutions volume will be 128oz)

### **5 Days Prior to Your Exam \_\_\_\_\_:**

**Discontinue** any Aspirin, Plavix, Aggrenox, Coumadin, Persantine, Ticlid, Pletal, Vitamin E, Celebrex, Naprosyn, Motrin, Relafen, Ibuprofen, Aleve, Advil, Mobic, and medications containing Iron. You may use Tylenol as needed.

### **3 Days Prior to Your Exam \_\_\_\_\_:**

**Do not** eat popcorn, nuts, corn, or grapes with seeds.

### **2 Days Prior to Your Exam \_\_\_\_\_:**

**At breakfast**, begin the Low Residue/Low Fiber Diet (see enclosed diet sheet).

Take one dose of Milk of Magnesia, follow directions on bottle.

**At night**, take two (2) Dulcolax.

### **1 Day Prior to Your Exam \_\_\_\_\_:**

If you are on Insulin, use half of your regular dose and check your blood sugars regularly.

**At 3:00pm**, take two (2) Dulcolax tablets. Begin clear liquid diet.

**At 4:00pm**, mix two bottles of MiraLax equally divided between the four bottles of Gatorade, Propel, or other electrolyte replacement water by drinking one 8oz glass of the solution every 10-15 minutes until two bottles are gone. Reserve two bottles for the morning of your procedure. The entire solution of 2 bottles should be completed in 2 hours. Diarrhea may begin within an hour and continue for 2-3 hours after finishing the preparation.

**At 9:00pm**, take the remaining two (2) Dulcolax tablets with an 8oz glass of any approved clear liquid. After you have completed the preparation, continue to have only clear liquids until 6 hours prior to the exam for adequate hydration.

### **Day of Your Exam \_\_\_\_\_:**

**At 6:00am** the morning of your procedure, drink the remaining bottles of Gatorade or Propel as listed previously. Do not eat or drink anything 6 hours prior to your exam, other than your prep. If you are on insulin, take 1/3 of your morning dose of insulin.

You may experience some nausea, abdominal cramping, and some discomfort while using this medication. You will be given IV sedation, therefore you **MUST** arrange for someone to drive you home from the hospital. The hospital will call you the day before your exam to confirm your arrival time and give further instructions. If you have any questions regarding these instructions, call the office at 616-738-0470 during business hours and Dr. Hoberman after hours at 616-610-0190.