



1890 AL Hwy. 157
POB II, Suite 420-B
Cullman, AL 35058

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General Surgery & Bariatric Surgery

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Colonoscopy Preparation Instructions- Miralax

Be sure to carefully read these instructions well before the date of your appointment to ensure that you understand and are able to follow the directions.

Proper Preparation: The Key to an Accurate Diagnosis

The bowel needs to be flushed completely free of waste material to give your doctor the clearest view. Do your very best to follow these instructions. If the bowel is incompletely cleansed it may be difficult to detect or treat abnormalities and the procedure may need to be repeated.

One week before the procedure: Stop taking any iron supplements.

Five (5) days before the procedure: Stop taking aspirin, Coumadin (warfarin), Plavix (clopidogrel), if approved by your physician.

Four (4) days before the procedure: Stop taking vitamin E, Motrin, Advil, Aleve, etc.

Two (2) nights before the procedure: Take either the laxative of your choice or purchase Dulcolax Overnight and take 1 tablet.

DIET ON THE DAY BEFORE YOUR PROCEDURE

Clear liquid diet all day- **NO RED OR PURPLE LIQUIDS.**

Choices
<ul style="list-style-type: none">• Apple Juice• Tea or Coffee (honey, sugar, and sugar substitutes can be used but NO MILK OR CREAMER)• Jell-O (No red or purple)• Popsicles (orange, lemon-lime)• Gatorade (orange, lemon-lime)• Clear broth• White grape juice• Hard candy

Laxative Instructions- The Day Before Your Procedure

- Mix 510 grams (17 oz.) of Miralax powder in 64 oz. (1/2 gallon) Gatorade (any color except red or purple) in the morning the day before your colonoscopy. Keep in refrigerator until ready to use.
- Start drinking the laxative solution at 2 p.m.



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- Drink 8 ounces of liquid laxative every 30 minutes. (If you start to feel nauseated or bloated, stop for one hour.)
- Try to finish the entire liquid laxative even if you think you do not need it.
- Alternative "mix as you go" method: Pour 1 cup (8 oz.) of Gatorade into a glass and mark the level. Add 3 capfuls of laxative powder. Stir VERY well. Drink, then rinse your mouth with water. Repeat this 7 times (until you run out of Gatorade). Try to do this in 4 hours or less. Not all laxative will be used.

Bedtime Instructions

- Nothing to eat or drink after 10 p.m. until after the procedure.

If you have nausea, vomiting, or bloating from the prep, just slow down or take a break. For other problems or questions during the evening hours (after 5 p.m.) you should call the Cullman Regional Operator at 256-737-2000 and ask for Dr. Cottingham or the covering physician. If you have any questions during office hours (8 a.m. to 5 p.m.) please contact Horizon Surgical, PC at 256-736-2263.