



820 Bestgate Road Suite 1A  
Annapolis, Maryland 21401  
410-224-2116

## Colonoscopy with Miralax Prep

### Your Procedure:



You are scheduled for a colonoscopy. The doctor will examine the lining of your large intestine with a colonoscope. If polyps or other abnormalities are found during the procedure, the doctor will remove the abnormal tissue for further evaluation.

Patient Name: \_\_\_\_\_  
Date of Procedure \_\_\_\_\_  
Arrival Time \_\_\_\_\_  
Procedure Time \_\_\_\_\_

Place: **Maryland Center for Digestive Health  
820 Bestgate Road, Suite 1A Annapolis,  
Maryland 21401**

**Baltimore Washington Medical Center**

### YOUR BOWEL PREP IS EXTREMELY IMPORTANT! PLEASE READ INSTRUCTIONS CAREFULLY

1 Week Prior	5 Days Prior	2 Days Prior	1 Day Prior	Procedure Day
<p><b>Purchase the following:</b> Items listed below are over the counter NOT a Prescription.</p> <p><b>-Dulcolax, six 5mg tablets (not suppositories)</b> <b>-64oz Gatorade or PowerAde: no red, orange, or purple</b> <b>-Miralax 238gm Bottle</b></p> <p><b>Follow these instructions, not the box instructions.</b> If you take dietary, herbal or fiber supplements or medications containing iron, including multi-vitamins with iron, <b>discontinue these 7 days</b> before your appointment.</p> <p><b><u>If you are taking blood thinners including Coumadin (Warfarin), Pradaxa (Dabigatran), Xarelto (Rivaroxaban), Effient (Prasugrel) Plavix (Clopidogrel) Brilinta (Ticagrelor) and Eliquis (Apixaban), you will need an office visit prior to your procedure.</u></b></p> <p>You may <u>continue</u> your “baby” aspirin and regular aspirin if you were prescribed them for a cardiovascular condition.</p> <p>Hold Subcutaneous Injection 1 week prior to procedure. Ozempic, Wegovy, Trulicity, Bydureon, Mounjaro - <b>usually weekly injections</b></p>	<p><b>Begin low fiber diet. See Reverse.</b></p> <p>Stop consuming all high-fiber foods. This includes food with seeds and nuts.</p> <p>If you are taking ibuprofen (Advil, Nuprin or Motrin) or other non-steroidal (NSAID) anti-inflammatory medications, <b><u>stop taking them today.</u></b> Tylenol and Celebrex are okay to use.</p>	<p>Continue low fiber diet.</p> <p>Drink at least four 8oz glasses of water throughout the day.</p> <div></div> <p><b>No solid foods after midnight!</b></p>	<p><b>Begin clear liquid diet. No solid foods today. Red, purple or orange colored liquids are not allowed. You may have small amounts of coffee or tea without cream.</b></p> <p>Drink at least four 8oz glasses of water throughout the day.</p> <div></div> <p><b>3:00 pm</b> Take Dulcolax, six 5mg.</p> <p><b>5:00 pm</b> Thoroughly mix the entire bottle of Miralax in the bottle of “clear” Gatorade or PowerAde (you may want to pour 8oz out of the bottle before mixing) Do Not Refrigerate longer than 1 hour before starting your prep. Do not over chill.</p> <p><b>6pm:</b> Drink one half of the Miralax/Gatorade solution Drink one 8oz glass and repeat every 15 minutes until you finish the 32 ounces.</p> <p><b>If you experience nausea or vomiting take a 15-30 minute break, then continue drinking prep solution.</b></p>	<p><b>6 hours prior</b> Take the second half of the Gatorade/MiraLAX solution Drink one 8-ounce glass every 15 minutes until completed.</p> <p>You may take your essential morning medications including <b><u>Blood Pressure Medication</u></b> with a few small sips of water, at least 4 hours prior to your procedure, unless otherwise directed by your physician.</p> <p><b><u>NOTHING by mouth at least 4 hours prior to your scheduled procedure time – including gum, tobacco, hard candy/mints!</u></b></p> <p><b>You will need:</b> -Insurance Cards -Driver's License/Photo ID -Any co-insurance fees due -A responsible adult driver to drive you home -Referral</p>

You will receive your procedure results via the portal. Visit [www.aagastro.com](http://www.aagastro.com) to sign up today.

Phone: 410-224-2116 Fax: 410.224.2118

### Milk and dairy



#### OK to eat:

- Milk
- Cream
- Hot chocolate
- Buttermilk
- Cheese, including cottage cheese
- Yogurt
- Sour cream

#### NO yogurt mixed with:

- nuts, seeds, granola
- fruit with skin or seeds (such as berries)

### Legumes



#### None allowed

#### NO:

- Dried peas (including split or black-eyed)
- Dried beans (including kidney, pinto, garbanzo/chickpea)
- Lentils
- Any other legume

### Bread and grains



#### OK to eat:

- Breads and grains made with refined white flour (including rolls, muffins, bagels, pasta)
- White rice
- Plain crackers, such as Saltines
- Low-fiber cereal (including puffed rice, cream of wheat, corn flakes)

#### NO whole grains or high-fiber:

- Brown or wild rice
- Whole grain bread, rolls, pasta, or crackers
- Whole grain or high-fiber cereal (including granola, raisin bran, oatmeal)
- Bread or cereal with nuts or seeds

### Fruits



#### OK to eat:

- Fruit juice without pulp
- Applesauce
- Ripe cantaloupe and honeydew
- Ripe, peeled apricots and peaches
- Canned or cooked fruit without seeds or skin

#### NO seeds, skin, membranes; or dried fruit:

- Raw fruit with seeds, skin, or membranes (includes berries, pine apple, apples, oranges, watermelon)
- Any cooked or canned fruit with seeds or skin
- Raisins or other dried fruit

### Meat



#### OK to eat:

- Chicken
- Turkey
- Lamb
- Lean pork
- Veal
- Fish and seafood
- Eggs
- Tofu

#### NO tough meat with gristle

### Vegetables



#### OK for some if cooked or canned:

- Canned or cooked vegetables without skin or peel (includes peeled carrots, mushrooms, turnips, asparagus tips)
- Potatoes without skin
- Cucumbers without seeds or peel

#### NO raw, skin, seeds, peel; or certain other vegetables:

- Corn
- Potatoes with skin
- Tomatoes
- Cucumbers with seeds and peel
- Cooked cabbage or Brussels sprouts
- Green peas
- Summer and winter squash
- Lima beans
- Onions

### Nuts, nut butter, seeds



#### OK to eat:

- Creamy (smooth) peanut or almond butter

#### NO nuts or seeds:

- Nuts including peanuts, almonds, walnuts
- Chunky nut butter
- Seeds such as fennel, sesame, pumpkin, sunflower

### Desserts



#### OK to eat:

- Custard
- Plain pudding
- Ice cream
- Sherbet or sorbet
- Jell-O or gelatin without added fruit or red or purple dye
- Cookies or cake made with white flour, prepared without seeds, dried fruit, or nuts

#### NO:

- Coconut
- Anything with seeds or nuts
- Anything with added red or purple dye
- Cookies or cakes made with whole grain flour, seeds, dried fruit, or nuts

### Fats and oils



#### OK to eat:

- Butter
- Margarine
- Vegetable and other oils
- Mayonnaise
- Salad dressings made without seeds or nuts

#### NO salad dressing made with seeds or nuts

### Drinks or beverages



#### OK to eat:

- Coffee
- Tea
- Hot chocolate or cocoa
- Clear fruit drinks (no pulp)
- Soda and other carbonated beverages
- Ensure, Boost, or Enlive without added fiber

#### NO:

- Fruit or vegetable juice with pulp
- Beverages with red or purple dye

### Soups



#### OK to eat:

- Broth, bouillon, consomme, and strained soups
- Milk or cream-based soup, strained

#### No:

- Unstrained soups
- Chili
- Lentil soup
- Dried bean soup
- Corn soup
- Pea soup

### Other



#### OK to eat:

- Sugar
- Salt
- Jelly
- Honey
- Syrup
- Lemon juice

#### NO:

- Coconut
- Popcorn
- Jam
- Marmalade
- Relishes
- Pickles
- Olives
- Stone-ground mustard