JS-MBIS

Miralax Prep Instructions

Colonoscopy

***Please review these instructions at least one week prior to your procedure. If you have any questions, please contact your doctor’s office.***

You are scheduled to have a colonoscopy on: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Your procedure will be at: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**The facility will call you 1-2 business days prior to your procedure with your arrival time. If you have not heard from the facility by 4:00 pm the day prior to your procedure, please contact them directly. *Times listed in your patient portal are not accurate – the facility will provide you with your arrival time.***

Make arrangements to have a designated driver for the day of your procedure. You cannot work or drive the entire day. You are not allowed to drive, take public transportation (i.e. taxi, bus, or Uber) or leave the endoscopy center alone. If you do not have a responsible driver to accompany you, your exam cannot be done with sedation and will be cancelled.

**Medications:**

* For seven (7) days prior, stop herbal medicines, fish oil, and vitamin E.
* For five (5) days prior, stop iron pills and any vitamins containing iron.
* Blood thinning medications: Medications such as Coumadin (Warfarin), Plavix (Clopidogrel), Ticlid, Agrylin, Xarelto, Pradaxa, Eliquis, and Effient will need to be stopped prior to your procedure. Check with your prescribing physician prior to stopping these medications. Over-the-counter pain relievers (i.e. Aleve, Ibuprofen, Motrin, Advil) should be held for seven (7) days prior to your procedure. Tylenol (Acetaminophen) is ok to take as needed. You do not need to stop 81mg aspirin (baby aspirin).

 Stop \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ days.

* Diabetic medicines: Do not take any diabetic pills the day prior to or the morning of the procedure. Insulin users: The day prior to your procedure, take half of your morning dose and none of the evening dose. The day of your procedure, bring your insulin with you. *You should contact your endocrinologist or prescribing doctor regarding these changes.*
* Do NOT stop taking any heart, blood pressure, anti-seizure, anti-anxiety, or thyroid medications. These medications, if normally taken in the morning, should be taken at least two (2) hours prior to your arrival time with no more than four (4) ounces of water.

**Two days prior to procedure:**

Do not eat popcorn, corn, beans, pickles, seeds (flax, sunflower, quinoa), multigrain bread, nuts, leafy vegetables, or any fruits with small seeds (i.e. strawberries, kiwi)

**For dinner**: Eat a light meal such as eggs, toast, oatmeal or soup. No meat.

In the evening: Mix the 238-gram bottle of Miralax with 64 ounces of clear liquids. You may use any clear liquid you’d like, but Gatorade is highly recommended. Make sure the Miralax is completely dissolved and place in the refrigerator overnight. NOTE: For diabetics, mix the Miralax with a clear liquid that is low in sugar or sugar free (i.e. Crystal Lite)

**The day prior to procedure:**

DO NOT EAT ANY SOLID FOODS. You will need to follow a clear liquid diet all day.

*Please drink plenty of additional fluids. A colonoscopy prep can cause dehydration and loss of electrolytes. Increasing the amount of fluid you drink will help to clean out your colon and improve your preparation. Don’t count the prep solution as being part of your fluid volume.*

**Allowed:** Water, hot/iced tea, apple juice, black coffee, white cranberry juice, white grape juice, clear broth or bouillon of any kind (beef, chicken, vegetable), gelatin, water ice, soft drinks (Sprite, Ginger-ale), and sports drinks (Gatorade, Powerade, Propel), and hard candy. Honey, sugar, and sugar substitutes are ok.

**Not allowed:** Absolutely no solid foods, milk, creamer, or any items with red or purple dye.

1. **At 2:00 PM**: Take two (2) 5mg Dulcolax (Bisacodyl) tablets with 8 ounces of water.
2. **At 6:00 PM**: Begin drinking the Miralax mixture at a rate of 8 ounces every 10-15 minutes until you have finished half of the mixture. This should total four (4) glasses and will take about one (1) hour to complete
3. **Seven (7) hours prior to your arrival time**: Drink the remaining Miralax mixture at a rate of 8 ounces every 10-15 minutes until you have finished the mixture. This should total four (4) glasses and will take about one (1) hour to complete. If you have an early arrival time, this **does** mean that you will be finishing the last half of your prep during the night or very early in the morning.
4. **Four (4) hours prior to your arrival time**: Stop drinking all clear liquids. For the four (4) hours prior to your arrival time, you will need to be fasting. This means NO liquids, including water. Your stomach must be empty for your procedure. No gum, mints, or smoking during this time.

*NOTE: Individual responses to laxatives vary. This prep may cause multiple bowel movements. It may start working in as little as 30 minutes or take as long as 4-6 hours.*

**Helpful tips:**

* If you find it difficult to drink your laxative mixture, try chilling it and drinking through a straw.
* Rather than mixing Miralax with 64 ounces of one type of clear liquid, try mixing it in two (2) separate doses with different flavors (i.e. mix 119 grams of Miralax with lemon-lime Gatorade and 119 grams of Miralax with blue Gatorade). Some patients find that alternating flavors makes the prep easier to take.
* If nausea or vomiting occurs, take a break from drinking the laxative mixture for about 30 minutes and then resume drinking at a slower rate.
* Walking between each glass can help with bloating.
* Use baby wipes instead of toilet paper.
* Wear loose fitting clothing.
* Remain close to the bathroom. Bowel movements can happen suddenly.
* If anal skin irritation occurs, you may use over-the-counter remedies such as Vaseline.

**Reminders:**

* If prescribed, please have your bloodwork done as soon as possible.
* If required by your insurance, you must obtain necessary referrals for your procedure and follow up visits from your primary care physician.

 (cut here and take with you to your drug store) 

**Purchases:**

You will need to purchase the following items in order to complete your preparation. These laxatives are available over-the-counter. No prescriptions are necessary.

1. One (1) 238-gram bottle of Miralax
2. Two (2) 5mg Dulcolax (Bisacodyl) tablets
3. 64 ounces total of clear liquids