



## Miralax Prep Instructions

*\*Read all prep instructions:*

*If you are taking aspirin or blood thinners due to a cardiac or vascular reason including history of stroke, your prescribing physician or cardiologist must clear you for this procedure and give you instructions on when to stop blood thinners.*

*5 days before the procedure:*

*Stop medications called NSAIDs (including Motrin, Advil, Ibuprofen, Excedrin, Aleve, etc.)*

*Stop herbal, oil-based vitamins (Ex: Fish Oil) and iron supplements*

*Stop all fiber supplements such as Metamucil, Citrucel, Fibercon, BeneFiber and Konsyl.*

*Discontinue all medicines that stop diarrhea such as Imodium, Kaopectate and Pepto Bismol.*

*Avoid salads or high fiber foods including nuts, seeds and popcorn for 3 days before the procedure.*

*Avoid hard fruits and hard vegetables.*

*Arrange for a driver to take you home after the procedure\**

## 2 Days Before Your Colonoscopy

List all current medications and bring list with you the day of your procedure. Purchase the following at your pharmacy or grocery store:

- Bisacodyl (Dulcolax )Laxative tablets (3)
- Miralax powder 238 gram bottle or (2)119 gram bottles
- Gatorade – 64oz or Crystal Light Lemonade or clear liquid of your choice (NOT RED OR PURPLE IN COLOR). If you are Diabetic or have Kidney Disease; use water or Crystal Light instead of Gatorade

## The Day Before Your Colonoscopy

TAKE ONLY CLEAR LIQUIDS ALL DAY / NO SOLID FOOD / NO ALCOHOL Drink at least 8 ounces of clear liquid every hour while awake. Mix Miralax powder with 64oz (2quarts) of any clear liquid of your choice. Shake well and refrigerate.

**If your arrival time is BEFORE 10am** the day of your colonoscopy

- **Take (3) Dulcolax tablets at 1pm with 8oz of clear liquid**
- **At 3pm start your first dose**
  1. Drink half of the Miralax solution-(4) 8oz glasses. Try to drink one glass every 15-20 minutes. If you are too full or have nausea/vomiting, stop for 20-30 minutes, and then start again. Refrigerate remaining solution.
  2. Continue to drink additional clear liquids throughout the evening.
- **At 10pm take your second dose.**
  1. Take 1 simethicone tablet as directed right before starting to drink your prep.
  2. Then drink the second half of the Miralax solution: (4) 8oz glasses. Drink one glass every 15-20 minutes until completed.
  3. Continue to drink additional clear liquids throughout the evening.

**If your arrival time is AFTER 10AM** the day of your colonoscopy

- **Take (3) Dulcolax tablets at 3pm with 8oz of clear liquid**
- **At 5pm start your first dose**

1. Drink half of the Miralax solution-(4) 8oz glasses. Try to drink one glass every 15-20 minutes. If you are too full or have nausea/vomiting, stop for 20-30 minutes, and then start again. Refrigerate remaining solution.
2. Continue to drink additional clear liquids throughout the evening.
- **At 5AM the next day (morning of procedure day) take your second dose.**
  1. Take 1 simethicone tablet as directed right before starting to drink your prep.
  2. Then drink the second half of the Miralax solution: (4) 8oz glasses. Drink one glass every 15-20 minutes until completed.
  3. Continue to drink additional clear liquids.
  4. **Stop drinking liquids at least 4 hours before your colonoscopy.**

### **The Day Of Your Colonoscopy**

NO SOLID FOOD NO ALCOHOL YOU MUST take your morning heart, blood pressure, asthma, and/or seizure medications with a small sip of water. **PLEASE STOP ALL LIQUIDS 4 HOURS BEFORE YOUR ARRIVAL TIME. NO GUM OR BREATH MINTS!** After your procedure, you may eat your usual diet unless otherwise instructed by your doctor.

***NOTE: You must take ALL the PREP solution, as directed to clean your bowel adequately. Even if you are passing clear liquid you must continue to take the entire dose of the prep. If you think the prep is not working, please call the GI office.***