

Colonoscopy Prep Instructions: MiraLAX®

If you need to reschedule, cancel, or have any questions about your procedure please contact 954.689.5556 before 5 p.m.

Your doctor has scheduled you for a colonoscopy. To have a successful colonoscopy your colon must be clear of any stool. This allows your doctor to see your entire colon. For your doctor, a “clean colon is like driving on a country road on a sunny day. A dirty colon is like driving in a snowstorm.” It is extremely important to follow these preparation instructions to clear your colon of any stool. Failure to follow these instructions limits the value of this procedure and your exam may need to be rescheduled.

Please follow the instructions below and not any other instructions you may have received.

Daily Medications

- If you are taking Coumadin® (warfarin), Plavix® (clopidogrel), Aspirin®, Ticlid®, Aggrenox® or other blood thinners, you must speak with your prescribing physician or the specialist performing the procedure at least 2 weeks before the scheduled test. Do not stop these medications without the consent of your physician.
- If you are taking a medication for high blood pressure, seizures, asthma, thyroid disease, irregular heart beat or if you are taking prednisone, you must take your medications at 5 a.m. on the day of the procedure with a sip of water.
- If you take water pills such as Lasix®, do not take these the day before the test. Resume taking your water pill after the endoscopy has completed.
- If you take iron pills, stop taking them 7 days before the procedure.
- If you are taking nonsteroidal anti-inflammatory drugs (i.e., ibuprofen or Advil®, Motrin®, Aleve®) stop taking them the day before the procedure.

If you have diabetes:

- If you take a pill to lower your sugar, do not take it on the day of your procedure
- If you are taking regular insulin (R), do not take it on the day of your procedure.
- If you are taking long-acting insulin (NPH), take half of your prescribed dose on the morning of the procedure.
- If you are taking any other insulin preparation, such as Lantus®, Humalog® or 70/30 insulin, contact your prescribing physician for instructions.

Diet

The day before your colonoscopy:

You may have a **low residue** breakfast; however this must be followed by **clear liquids** only for the remainder of the day.

- **Low residue foods include:** White bread, refined cereals, pulp-free strained or clear juices, milk, yogurt, mild cheese (ricotta, cottage), mayo, butter.
 - **Clear liquid diet:** Apple or white grape juice, clear broth, coffee or tea (without milk or creamer), clear carbonated beverages such as ginger ale/lemon-lime soda, Gatorade® or other sports drinks, Kool-Aid® or other flavored drinks, plain Jell-O® or other gelatins, popsicles, water.
- Avoid:** red-colored foods.

Bowel Preparation

You need to buy the following (no prescriptions are needed):

- One 64-ounce or two 32-ounce bottles of Gatorade®, Propel®, Crystal Light® or other noncarbonated clear liquid drink (no red colors). If you have diabetes, you may use sugar-free Gatorade®.
 - Dulcolax® (bisacodyl) laxative tablets (not suppository or stool softener, you will need 3 tablets for the prep).
 - MiraLAX® 238 grams (8.3 ounces) powder or generic polyethylene glycol 3350 (can find in laxative section)
- The day before the colonoscopy:**
- In a pitcher mix the 8.3 ounces of MiraLAX® with the 64 ounces of Gatorade®. Stir/shake the contents until entire contents of MiraLAX® are completely dissolved. Chill if desired.

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The way in which you take the bowel preparation depends on the time your colonoscopy is scheduled, please follow the instructions below:

MORNING COLONOSCOPY (BEFORE 12 P.M.)

If your colonoscopy is scheduled in the morning (before 9 a.m.):

- At 6 p.m. day before, take 3 tablets of Dulcolax® laxative pill with water by mouth.
- At 8 p.m. day before, start drinking the Gatorade®/MiraLAX® solution. Drink one 8-ounce glass every 15 minutes until completed. You may drink it directly or through a straw.
- **Do not consume anything else by mouth 3 hours before your colonoscopy.**

If your colonoscopy is scheduled in the morning (at or after 9 a.m.), use split dosing bowel prep (see below).

Split dosing bowel prep:

Split dose bowel preparation consists of drinking half of your colon cleanse the day before your colonoscopy and the other half on the day of the procedure. Split dosing has been shown to be superior to same day preparation in clinical studies, BUT most importantly it decreases the likelihood that the procedure will need to be canceled and rescheduled because of a poor cleansing. Note that this may require you to awaken early in the morning in order to complete the prep. Although inconvenient, the correct timing of drinking the prep is critical to obtaining a good colon preparation.

- **STEP 1: The day before the colonoscopy**
 - At 5 p.m., take 3 tablets of Dulcolax® laxative pill with water by mouth
 - At 7 p.m., drink the first half of the Gatorade®/MiraLAX® solution. Drink one 8-ounce glass every 15 minutes. You may drink it directly or through a straw.
- **STEP 2: On the day of the colonoscopy**
 - Take the second half of the Gatorade®/MiraLAX® solution at 5 a.m. Drink one 8-ounce glass every 15 minutes to make sure you finish by 6 a.m. You may drink it directly or through a straw.
 - **Do not eat or drink anything 3 hours before your colonoscopy.**

AFTERNOON COLONOSCOPY (AFTER 12 P.M.)

Same day bowel prep:

- At 6 a.m. take 3 tablets of Dulcolax® laxative pill with water by mouth.
- At 7 a.m. start drinking the Gatorade®/MiraLAX® solution. Drink one 8-ounce glass every 15 minutes until completed. You may drink it directly or through a straw. Make sure you finish by 10 a.m.
- **Do not consume anything 3 hours before your colonoscopy**

Must Read

- If you use a CPAP machine to sleep, please bring it with you because you will need to wear it for the duration of the colonoscopy.
- You will be receiving IV (intravenous) sedation. You **MUST** have an adult companion (family member or friend) to take you home. You are not allowed to drive or leave the Endoscopy Center alone. Public transportation by yourself (bus, taxi, Uber®/Lyft®) is not allowed. The actual procedure lasts approximately 20 minutes, but you **MUST** remain in the Endoscopy Center until you recover from sedation. Expect to be in the hospital for about 3-4 hours from arrival to discharge. Your ride must pick you up at the Endoscopy Center at the time of discharge. Your procedure will be canceled if your ride cannot be confirmed.
- Please do not bring any jewelry or other valuable items to the endoscopy room for your procedure.