



## MIRALAX PREP – PM Procedure

**\*\* Nothing by mouth within 3 hours of your procedure or it may be canceled. \*\***

A Colonoscopy is an examination of the colon (large bowel) with a flexible lighted tube about the size of your ring finger which transmits a live color image onto a television screen. A good bowel prep is essential for an accurate and successful procedure. These instructions will help maximize the ease, safety and success of your preparation.

You must have a responsible adult accompany you for the appointment. We ask that you also have a responsible adult at home with you following the procedure. Please be aware you **will not** be permitted to drive home by yourself or leave unaccompanied in a taxi or Uber.

Prior to your Colonoscopy you will need to purchase the following items:

(These items may be found at the pharmacy or grocery store.)

- Miralax OTC: one 238-gram bottle (or generic equivalent)
- Dulcolax tablets: (2 tablets, may also use generic Bisacodyl tablets)
- Gatorade or G2: one 64 oz bottle – no red/purple Bowel Prep
- Clear liquids of choice: fruit juices without pulp i.e. apple, white grape, water, clear broth bouillon, coffee without cream, soft drinks/soda, jello, popsicles – nothing red/purple

### **A word about bowel preps:**

- NO bowel prep is fun.
- The purpose of the bowel prep is to clean out the colon to allow clear visualization for the exam.
- A bowel prep is the only way to effectively clean out the bowel (if there was another way, we would use it).
- It is a short-term discomfort for a long term cause.
- Your bowel movements may be frequent, explosive, and liquid (this is to be expected). Respond immediately to the urge.
- Use soft toilet paper and zinc oxide or A&D ointment for skin irritation.

## Preparing for Your Colonoscopy

### Three days before:

- Do not eat popcorn, seeds, nuts, multigrain bread, salad, corn, cheese, or high-fiber foods for the three days before the procedure.
- Stop taking anti-diarrheal medications and all fiber supplements, as this makes the bowel prep easier and cleaner.

### Two days before:

- Clear Liquids all day two days before the procedure. No solid food.

### One day before:

- Clear Liquids all day on the day before the procedure. No solid food.
- Mix the 238 grams of Miralax powder with 64 oz of Gatorade. Refrigerate.
- The evening prior to the procedure, between 4:00-6:00 pm, take 2 Dulcolax tablets with a full glass of water.
- At 6:00 pm, drink one 8 oz glass of the of the 64oz Miralax/Gatorade mix. Repeat every 15 minutes until you have finished half or 32 oz of the 64 oz mix (about 1 hour). Refrigerate remaining 32 oz of mixture.

### Day of Colonoscopy:

- The morning of your procedure, 5 hours before your colonoscopy, drink one 8oz glass of the remaining 1 liter/32 oz Miralax/Gatorade mix. Repeat every 15 minutes until the entire 1 liter/32 oz mix is finished (about one hour)
- If your procedure is scheduled for 1:00pm or later, you may have a light breakfast the day prior to the procedure and then clear liquids up until 3 hours prior to the procedure.
- Nothing by mouth within 3 hours of your procedure or it may be canceled
- Heart, blood pressure or seizure medication may be taken with small sips of water, up to two hours prior to the procedure.

**Note:** For patients with an artificial heart valve, pacemaker, an internal defibrillator, or those taking Coumadin, Warfarin, or Plavix, please consult with your physician regarding specific instructions

## **Frequently Asked Questions**

What is a clear stool?

A clear stool can have a slight tint of yellow or brown. It will be completely transparent and will not contain any solid matter. At the completion of the prep if it is brown or solid, please contact scheduling to discuss the situation.

I am not having bowel movements, what should I do?

Bowel movements can take up to 5-6 hours to start after beginning the prep. Be patient, continue to drink liquids, and proceed with the second dose of the bowel prep as directed. If you are still not seeing results, you will need to reach your physician's office after 7:30 AM for further instructions.

The prep is making me nauseated, what should I do?

If you develop nausea or vomiting, slow down the rate at which you drink the solution. Please attempt to drink all of the laxative solution even if it takes you longer. If vomiting persists, or you are not able to finish the preparation, stop the preparation and call your physician's office for further instructions.

What are some high fiber foods I should avoid?

Raw fruits and vegetables are typically high in fiber, as well as nuts, seeds, whole grain breads and beans and lentils.

What are some good options for low fiber foods?

Choose white bread and white rice for lower fiber options, as well as pastas made with white flour. Chicken, fish, dairy and eggs are also low in fiber and good choices for foods 2-3 days before you begin your prep.

If I eat popcorn or seeds 3 days before my procedure do I need to reschedule?

You will not need to reschedule your procedure however, the seeds or nuts may cause a difficulty in screening and require a need for rescreening. If you have eaten a large number of seeds or nuts, you may want to contact the nurse or physician.

What is clear liquid?

Clear liquids you may have: Clear broth, apple juice, white grape juice, colas, coffee, tea, jello, popsicles, water or any other clear liquid that if you hold it up to light you can see through it. Avoid the colors red and purple. Coffee creamer and milk or milk products are not considered a clear liquid.

Can I drink ALCOHOL on the liquid diet?

Alcohol is not allowed as part of the liquid diet.

Can I continue to be on the liquid diet after I begin consuming the laxatives?

Yes, you may continue the liquid diet until you are directed to discontinue anything by mouth, which is typically 3 hours prior to the procedure.

Why do I have to wake up at so early for the 2nd dose, can't I take it all the night before?

A split prep has proven to be the most effective for a successful colonoscopy. It is essential that you follow the directions provided with your prep medications.

If I weigh under 100 pounds do I need to take all of the prep?

The liquid amount is not weight dependent. It is important to finish the prep for a successful colonoscopy.

**Note:** If your insurance requires a pre-authorization, please keep in mind that obtaining this authorization does not guarantee payment. Contact your insurance for more information prior to your procedure.