



**MiraLAX Patient Instructions for Colonoscopy**

**PLAN AHEAD:** From the pharmacy, please purchase Over the Counter **MIRALAX 8.3 oz, DUCOLAX LAXATIVE (4 TABLETS)** & **GATORADE 64 oz –DIABETIC PATIENTS BUY G2 GATORADE (NO RED, GREEN, OR PURPLE)**

**Seven Days Before Your Procedure:**

- Continue ALL your routine medication as prescribed, **except:**
  - **DO NOT** take iron pills or multivitamins containing iron.
  - **DO NOT** take fiber supplements (e.g., Metamucil, Fiber Con, Citrucel, etc.)
  - **HOLD** not-steroidal anti-inflammatory medication (e.g., ibuprofen, Advil, Motrin, Excedrin, Naprosyn, Aleve, Celebrex, Mobic, etc.). **You may take Tylenol.**
  - **DO NOT** take any Injectable weight loss medication (Mounjaro, Wengovy, Ozempic, etc...)

**Five Days Before your procedure:**

**STOP** eating nuts, popcorn, corn, seeds, peas, beans, quinoa, and salad.

**One Day Before Your Procedure:**

Adhere to a strict **CLEAR LIQUID** diet the **ENTIRE DAY** until your exam beginning when you wake up. **DO NOT eat any solid foods.**

**ONLY DRINK THE FOLLOWING CLEAR LIQUIDS:**

**DO NOT HAVE THE FOLLOWING:**

CLEAR BOULLION OR BROTH	NO RED, GREEN, OR PURPLE LIQUIDS
CLEAR SODAS (GINGERALE, SPRITE, OR 7-UP)	NO MILK OR ALTERNATIVE DAIRY PRODUCTS
CLEAR JUICE (APPLE, WHITE GRAPE, OR LEMONADE)	NO ORANGE JUICE
JELLO OR POPSICLES (NO RED GREEN OR PURPLE)	NO PULP OR HONEY
WATER, BLACK COFFEE/TEA (CAN USE SUGAR/SUGAR SUBSTITUTE)	NO ALCOHOL

**IMPORTANT:** *If the bowel is not clean when you arrive at the procedure facility, your procedure may be rescheduled.*

**What to Expect:**

- You will develop notable diarrhea after drinking the preparation, this is normal. Plan to be near a bathroom.
- You may feel mild bloating, abdominal cramping, and nausea, this is normal.
- A successful colon prep will cause you to have clear yellow liquid stools. Please complete the entire prep regardless of your stool color.

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**STAY HYDRATED:**

Drink at least 10 glasses of clear liquids throughout the day, in addition to what you drink with your bowel prep medication to prevent dehydration.

**DAY BEFORE YOUR PROCEDURE \_\_\_\_\_**

- 1) In the morning, the day before your procedure combine the 64 oz of Gatorade/G2 Gatorade with 8.3 oz of MiraLAX in a large pitcher, stir and refrigerate.**
  
- 2) At 4:00 PM – Take 2 Dulcolax tablets with water**
  
- 3) At 5:00 PM – Take pitcher from refrigerator and stir. Drink an 8 oz glass of mixture every 30 minutes until it is finished**
  
- 4) At 8:00 PM - Take 2 Dulcolax tablets with water. Then drink (4 glasses) of 8 oz of water between 8:00 PM and 10:00 PM**

**\*\*NOTHING TO DRINK AFTER MIDNIGHT\*\***

**THE DAY OF YOUR PROCEDURE ONLY TAKE YOUR HIGH BLOOD PRESSURE, ASTHMA, ANXIETY, OR SEIZURE MEDICATION with a sip of water (NO DIABETES MEDICATION\*)**

**YOU WILL NEED TO HAVE TRANSPORTATION AS YOU WILL BE UNDER ANESTHESIA. YOU ARE ALLOWED TO TAKE A TAXI, UBER, OR LYFT.** Garden State Endoscopy Center must be able to contact your driver with the correct phone number. If you do not have a responsible adult driver, your procedure will be canceled. If possible, please have someone stay with you for several hours after the procedure in case you are still sleepy. Do not drive, sign legal documents, or consume alcohol for 24 hours. You will be at the facility for approximately 2-3 hours from check-in to recovery.

**Note:**

Tucks medicated wipes or baby wipes (alcohol and fragrance-free) and soft toilet tissue (e.g., CharminPlus) may be used to minimize the expected anal irritation from wiping. Calmoseptine or Vaseline ointment may also be applied to the area around the anus, if desired.