

## Miralax Constipation PM - Colonoscopy Preparation Instructions

**Appointment Date: Check In Time: Procedure Performed by:**

### You will need:

- 2-3 Bottles of **Miralax (Glycolax) 238 grams polyethylene glycol (PEG)** available in the laxative section of your pharmacy.
- **Gas-X Extra Strength tablets/capsules/chewable** (Ok if tablets are pink) or generic equivalent (simethicone 125mg). Purchase over-the-counter. You will need 8 of these.
- **Magnesium Citrate** - One 10oz. bottle (No Red). This is available over the counter in the laxative section.

**Special Medication and Diabetic Directions: See separate instructions.**

### One week before

Stop taking iron pills and any oil-based vitamins/supplements (A, D, E, or K, fish oil, etc.) in a pill form.

Take your usual prescription medication during prep unless told not to. Aspirin, Ibuprofen and Tylenol are OK if needed.

Avoid foods with seeds (flax seeds, popcorn, nuts and berries). They clog the colonoscope.

**Take 1 capful (17 grams) of Miralax mixed with 8 oz of water once daily.**

**If you regularly take Miralax daily, take 2 capfuls (34 grams) once daily.**

Avoid marijuana use for 3 days prior to your procedure.

### Two days before

Stop taking fiber supplements: Metamucil, Citrucel, etc.

**When you awake, begin Clear Liquid Diet. No Solid Food.** You may have: water, coffee, tea, (No milk or creamers) clear fruit juices without pulp or cloudiness, soda pop, Gatorade, chicken bouillon (preferred) or CLEAR broth (no oil-based broth, especially Swanson brand), popsicles, and JELL-O.

Avoid the color **red** in all liquids. Avoid alcohol.

**5:00 pm:** Drink the 10 oz. bottle of Magnesium Citrate (No Red) followed by a full glass of water.

### 1 Day Before Colonoscopy

**Continue Clear Liquid Diet. NO SOLID FOOD.**

**6:00 PM:** Mix the 238 gram bottle of Miralax with 64 ounces of cold Gatorade or clear juice in a pitcher. Shake the solution to mix thoroughly.

**Drink half of the container over 2 to 3 hours** (one glass every 10 to 15 minutes). Nausea and fullness is common until the laxative starts to work. If you vomit during the prep wait 30 minutes, try again and go slower. Put the remaining half in the refrigerator.

**Take 4 GasX pills.**

### Day of Colonoscopy - No Solid Food.

Take your regular morning medications at least 2 hrs before your check in time.

**5-6 hours prior to your appointment: Drink the remaining half** of the Miralax. Finish drinking within 2 – 3 hours.

**Take 4 GasX pills.**

**No smokeless tobacco/nicotine product of any kind - within 6 hours of your procedure.**

**DO NOT put ANYTHING in your mouth the 2 hours before your procedure. No Food. No Drink.**

This includes but is not limited to: bowel prep, medication, hard candy, and chewing gum.

You also need to arrange for an **adult driver** that is able to walk on their own, help you in and out of a car, drive you home and remain with you for 6 hours. They must remain on campus for the duration of your appointment.

**If these instructions have not been followed your appointment may be delayed or cancelled.** If you received these instructions by email, you will receive an attachment with additional important information.