

Miralax PM - Colonoscopy Preparation Instructions

Appointment Date: Check In Time: Procedure Performed by:

You will need:

- 1 Bottle 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.

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.

Avoid marijuana use for 3 days prior to your procedure.

Two days before

Stop taking fiber supplements: Metamucil, Citrucel, etc.

Optional: If you are generally constipated, you should take 2 (5mg) Dulcolax tablets at bed time.

1 Day Before Colonoscopy

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.

4:00 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 - Continue Clear Liquid Diet. No Solid Food.

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

6:00 AM: 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.

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

No Food. No Drink. 2 hours.

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 also receive an attachment with additional. important information.