

MiraLAX without Magnesium Citrate Colonoscopy Preparation

Preparing for your procedure

Your colonoscopy is scheduled for: _____ Day _____ Date _____ Please check in at: _____ a.m./p.m.

Show your current insurance card and photo ID at check-in.

Doctor: _____ Pharmacy: _____

What you'll need	7 days before your procedure	3 days before your procedure
<p>Get the following items 5 to 7 days before your procedure. You can buy these items at most pharmacies without a prescription. If you're prescribed these items, the pharmacy name will be written above. Call the pharmacy to confirm that your prescription was received.</p> <ul style="list-style-type: none"> MiraLAX (laxative)—one 8.3-ounce (238 grams) bottle and one 4.1-ounce (119 grams) bottle Bisacodyl—4 tablets, each with 5 milligrams of bisacodyl, such as Dulcolax laxative tablets (Don't use Dulcolax stool softener.) Gatorade or Powerade noncarbonated sports drink— 96 ounces (three 32-ounce bottles): Regular Gatorade, regular Powerade, Gatorade G2 and Powerade Zero are OK. Choose a green-, yellow- or clear-colored flavor. Don't choose a red- or purple-colored flavor. Don't use powdered Gatorade. If your clinician has prescribed ondansetron hydrochloride (Zofran), an anti-nausea and anti-vomiting medicine—3 tablets (Note: This medicine isn't routinely prescribed.) 	<ul style="list-style-type: none"> Talk with your primary care clinician about stopping any: <ul style="list-style-type: none"> » Anticoagulation medications, such as apixaban (Eliquis), dabigatran (Pradaxa), edoxaban (Savaysa), rivaroxaban (Xarelto) or warfarin. » Antiplatelet medications, such as clopidogrel (Plavix), prasugrel (Effient) or ticagrelor (Brilinta). Ask your primary care clinician for instructions if you: <ul style="list-style-type: none"> » Take insulin for diabetes. » Have heart valve disease. » Had heart valve replacement. Stop taking iron (ferrous sulfate) and multivitamins that contain iron. Arrange to have a trusted adult drive you home after your procedure or ride with you by bus, taxi or ridesharing service. Don't ride a motorcycle. 	<ul style="list-style-type: none"> Start eating a low-fiber diet. A low-fiber diet helps make the bowel preparation more effective. See the handout <i>Low-Fiber Diet Guidelines</i> (#20953). Stop taking fiber supplements (Benefiber, Citrucel, Metamucil, FiberCon). <div style="background-color: #333; color: white; text-align: center; padding: 5px;">2 days before your procedure</div> <ul style="list-style-type: none"> Continue eating a low-fiber diet. Drink at least eight 8-ounce (237-milliliter) glasses of water throughout the day. Cross out each square as you drink a glass. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Don't drink any alcoholic beverages. Complete the health history form (if a form was given to you). Don't eat any solid food after midnight. For example, if your procedure is Monday, stop eating at 12 a.m. Sunday.

1 day before your procedure

- See the tips for colon cleansing in the handout *Colonoscopy: What to expect* (#13060).
- **Don't eat any solid food. Begin a clear-liquid diet.** Clear liquids look like colored water and you can see through at room temperature.

Don't drink any red or purple liquids. The color may interfere with your procedure.

You may have any of the following:

- » Water, clear broth or bouillon, and coffee or tea **without** milk or nondairy creamer
- » Gatorade, Powerade, Propel Electrolyte Water, Pedialyte, carbonated and noncarbonated soft drinks, Kool-Aid or other fruit-flavored drinks and strained fruit juices without pulp (apple, white grape, white cranberry)
- » Jell-O, Popsicles and hard candy
- Drink at least eight 8-ounce glasses of water throughout the day. Cross out each square as you drink a glass.
- **At 5 p.m.**, take 4 bisacodyl tablets.
- **At 6 p.m.**, mix the 8.3-ounce bottle of MiraLAX with 64 ounces of Gatorade or Powerade in a large pitcher or bowl. **Drink the solution as directed below—don't follow the directions on the container.**
 - » Drink one 8-ounce glass of the MiraLAX solution every 10 minutes until the pitcher or bowl is empty (amount is about 8 cups total).
 - » If you have nausea or vomiting, rinse your mouth with water and take a 15- to 30-minute break. Then continue drinking the solution. If your clinician has prescribed ondansetron hydrochloride (Zofran), take it as needed for nausea according to the label. Expect to have diarrhea and chills.
 - » You may continue to drink clear liquids. Drinking clear liquids makes sure you're hydrated well enough and helps your bowel preparation fully clean out your colon.

Day of your procedure

- **Four hours before leaving your home for your procedure**, mix the 4.1-ounce bottle of MiraLAX with the remaining 32 ounces of Gatorade or Powerade in a large pitcher or bowl.
 - » Drink one 8-ounce glass of the MiraLAX solution every 10 minutes until the pitcher or bowl is empty (amount is about 4 cups total).
 - » If you have nausea or vomiting, rinse your mouth with water and take a 15- to 30-minute break. Then continue drinking the solution. If your clinician has prescribed ondansetron hydrochloride (Zofran), take it as needed for nausea according to the label. Expect to have diarrhea and chills.
- **Three hours before your procedure**, stop drinking all liquids, including water.
- You may take your morning medicines with 4 ounces of water after finishing your preparation.
- Your stool should be clear or yellow liquid. If you're unsure whether your colon is clean, call the number on the handout *Gastroenterology and Endoscopy Locations*.
- Bring the following to your procedure:
 - » Health insurance card
 - » Photo ID
 - » Completed health history form (if a form was given to you)
 - » Trusted adult to drive you home or ride with you if you take a bus, cab or ridesharing service

Remember

Drinking the solution quickly is part of how the preparation works.

