

MiraLAX with Magnesium Citrate 2-Day Colonoscopy Preparation

Preparing for your procedure

Your colonoscopy is scheduled for: _____
Day Date

If you have kidney problems, you may need to use a different preparation. For instructions, call the number on the handout *Gastroenterology and Endoscopy Locations*.

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	5 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)—two 8.3-ounce (238 grams) bottles • Bisacodyl—4 tablets, each with 5 milligrams of bisacodyl, such as Dulcolax laxative tablets (Don't use Dulcolax stool softener.) • Magnesium citrate (laxative)—10-ounce bottle • Gatorade or Powerade noncarbonated sports drink—128 ounces (four 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 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). • Drink at least eight 8-ounce (237-milliliter) glasses of water throughout the day. Cross out each square as you drink a glass. <div style="text-align: center; margin: 5px 0;"> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> </div> • Don't drink any alcoholic beverages. • Complete the health history form (if a form was given to you).

continued

2 days before your procedure

- See 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, 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 6 p.m.,** mix 1 bottle of MiraLAX with 64 ounces of Gatorade or Powerade in a large bowl or pitcher. **Drink the solution as directed below—don't follow the directions on the container.**
 - » Drink 1 glass (8 ounces) of the solution. Continue drinking 1 glass (8 ounces) of the solution every 10 minutes until the pitcher or bowl is empty.
- You may continue to drink clear liquids.

1 day before your procedure

- **Continue a clear-liquid diet.**
- 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 Dulcolax tablets.
- **At 6 p.m.,** mix 1 bottle of MiraLAX with 64 ounces of Gatorade or Powerade in a large bowl or pitcher.
 - » Drink 1 glass (8 ounces) of the solution. Continue drinking 1 glass (8 ounces) of the solution every 10 minutes until the pitcher or bowl is empty.
- You may continue to drink clear liquids.

Remember

Drinking the solution quickly is part of how the preparation works. **If you have nausea or vomiting when drinking the solution,** rinse your mouth with water and take a 15- to 30-minute break. If prescribed, take ondansetron hydrochloride (Zofran) if needed for nausea according to the label. Then continue drinking the solution. Expect diarrhea and chills.

Day of your procedure

- **Four hours before leaving your home for your procedure,** drink the 10-ounce bottle of magnesium citrate.
- **Three hours before** your procedure stop drinking all liquids, including water.
- You may take your morning medications with 4 ounces of water after finishing your preparation.
- Your stool should be clear or yellow liquid. If you're unsure if your colon is clean, call the number on the handout *Gastroenterology and Endoscopy Locations*.
- Bring your:
 - » 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

