

# MiraLAX with 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: \_\_\_\_\_

**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*.

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"> <li>• MiraLAX (laxative)—8.3-ounce (238 grams) bottle</li> <li>• Bisacodyl—4 tablets, each with 5 milligrams of bisacodyl, such as Dulcolax laxative tablets (Don't use Dulcolax stool softener.)</li> <li>• Magnesium citrate—10-ounce bottle</li> <li>• Gatorade or Powerade noncarbonated sports drink—64-ounce bottle: Regular Gatorade, regular Powerade, Gatorade G2 and Powerade Zero are OK. Choose a green-, yellow- or clear-colored flavor. <b>Don't choose a red- or purple-colored flavor.</b> Don't use powdered Gatorade.</li> <li>• If prescribed, ondansetron hydrochloride (Zofran), an anti-nausea and anti-vomiting medicine—3 tablets (Note: This medicine isn't routinely prescribed. Not everyone will get it.)</li> </ul>	<ul style="list-style-type: none"> <li>• Talk with your primary care clinician about stopping any:               <ul style="list-style-type: none"> <li>» Anticoagulation medications, such as apixaban (Eliquis), dabigatran (Pradaxa), edoxaban (Savaysa), rivaroxaban (Xarelto) or warfarin.</li> <li>» Antiplatelet medications, such as clopidogrel (Plavix), prasugrel (Effient) or ticagrelor (Brilinta).</li> </ul> </li> <li>• Ask your primary care clinician for instructions if you:               <ul style="list-style-type: none"> <li>» Take insulin for diabetes.</li> <li>» Have heart valve disease.</li> <li>» Had heart valve replacement.</li> </ul> </li> <li>• Stop taking iron (ferrous sulfate) and multivitamins that contain iron.</li> <li>• <b>Arrange to have a trusted adult drive you home after your procedure or ride with you by bus, taxi or ridesharing service.</b> Don't ride a motorcycle.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Start eating a low-fiber diet.</b> A low-fiber diet helps make the bowel preparation more effective. See the handout <i>Low-Fiber Diet Guidelines</i> (#20953).</li> <li>• Stop taking fiber supplements (Benefiber, Citrucel, Metamucil, FiberCon).</li> </ul>
		2 days before your procedure
		<ul style="list-style-type: none"> <li>• <b>Continue eating a low-fiber diet.</b></li> <li>• 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: 10px 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> </li> <li>• Don't drink any alcoholic beverages.</li> <li>• Complete the health history form (if a form was given to you).</li> <li>• Don't eat any solid food after midnight. For example, if your procedure is Monday, stop eating at 12 a.m. Sunday.</li> </ul>

continued

## 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 1 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.
  - » 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**, drink the 10-ounce bottle of magnesium citrate.
- **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. **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.

