

1-Day Colonoscopy Preparation—Substitution with MiraLAX

Preparing for your procedure

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

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 the first 2 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)—2 bottles (8.3 ounces or 238 grams each) • Gatorade or Powerade noncarbonated sports drink—128 ounces (two 64-ounce bottles or four 32-ounce bottles) <ul style="list-style-type: none"> » 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. Not everyone will get it.) 	<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 take insulin for diabetes, have heart valve disease or have 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 foods after midnight. For example, if your procedure is Monday, stop eating at 12 a.m. Sunday.

continued

1 day before your procedure

- See the tips for colon cleansing in the handout *Colonoscopy: What to expect* (#13060).
- Mix the 2 bottles of MiraLAX with all of the Gatorade or Powerade (two 64-ounce bottles or four 32-ounce bottles) in a large bowl or pitcher. If you want, refrigerate to chill before drinking.
- **Don't eat any solid food. Begin a clear liquid diet.** Clear liquids are liquids that 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 or Powerade noncarbonated sports drink—Regular Gatorade, regular Powerade, Gatorade G2 and Powerade Zero are OK. Choose a green-, yellow- or clear-colored flavor. Don't use powdered Gatorade.
 - » Pedialyte, Propel Electrolyte Water, 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.,** begin drinking 3 liters (12 cups, 8 ounces each) of the MiraLAX solution. **Drink the solution as directed below—don't follow the directions on the container.**
 - » Drink one 8-ounce glass of the solution every 10 minutes until you've drunk 3 liters.
 - » If you experience nausea or vomiting, 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.
 - » Refrigerate the remaining 1 liter of the MiraLAX solution.
 - » Expect to have diarrhea. You may see results right after drinking the solution, or it may take a bit longer. You may feel chilled.
- 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 rest of the MiraLAX solution.
 - » If you experience nausea or vomiting, 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.
- Continue a clear liquid diet, including water.
- You may take your morning medications with 4 ounces of water after finishing your MiraLAX solution.
- **Three hours before** your procedure, stop drinking all liquids, including water.
- 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

