

Extended Colonoscopy Preparation—Substitution with MiraLAX

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	6 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 (a laxative)—3 bottles (8.3 ounces or 238 grams) each Gatorade or Powerade noncarbonated sports drink—Three 64-ounce bottles or six 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: <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. 	<ul style="list-style-type: none"> 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"/> See the tips for colon cleansing in the handout <i>Colonoscopy: What to expect</i> (#13060). 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. <div style="background-color: #333; color: white; text-align: center; padding: 5px;">5 days before your procedure</div> <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. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

continued

4 days before your procedure	2 days before your procedure	1 day before your procedure
<ul style="list-style-type: none"> • Continue the 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"/> 	<ul style="list-style-type: none"> • 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. <p>You may have any of the following:</p> <ul style="list-style-type: none"> » Water, clear broth or bouillon, coffee or tea without milk or nondairy creamer, Jell-O, Popsicles and hard candy » 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) <ul style="list-style-type: none"> • Drink at least eight 8-ounce 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"/> • Complete the health history form provided (if a form was given to you). 	<ul style="list-style-type: none"> • Continue the clear liquid diet. • Mix 2 bottles of MiraLAX with 128 ounces of Gatorade or Powerade (two 64-ounce bottles or four 32-ounce bottles) in a large bowl or pitcher. Drink the solution as directed below—don't follow the directions on the container. • At 4 p.m., begin drinking the MiraLAX solution. Drink one 8-ounce glass every 10 minutes until the bowl or pitcher is empty. • 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. • Drink at least 8 glasses of water during 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"/>
<p>3 days before your procedure</p>		
<ul style="list-style-type: none"> • Continue the 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. • Don't eat any solid food after midnight. For example, if your procedure is Monday, stop eating at 12 a.m. Sunday. 		<div data-bbox="1369 938 2007 1269" style="border: 1px solid black; padding: 5px;"> <p>If you experience nausea or vomiting while 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.</p> </div>

Day of your procedure

- Mix the remaining MiraLAX (1 bottle) with the remaining Gatorade or Powerade (one 64-ounce bottle or two 32-ounce bottles) in a large bowl or pitcher.
- **5 hours before leaving your home for your procedure**, drink the MiraLAX solution. Drink one 8-ounce glass every 10 minutes until the bowl or pitcher is empty.
- **3 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 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 cab, bus or ridesharing service).

If you experience nausea or vomiting while 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.



Education Resources