

## MiraLAX Prep (read ONE WEEK before procedure)

If you have a history of constipation (have less than one BM every 2 days) you might need stronger prep or repeat the same prep twice

### PREPARATION & REMINDERS

If you do not have daily bowel movements or struggle with constipation, take a dose of MiraLAX before bedtime for seven days prior to taking the MiraLAX preparation. This is to be done in addition to the MiraLAX instructions listed below.

### PURCHASE ITEMS FROM THE STORE (Over the Counter at any local Pharmacy and/or Grocery Store)

1. Four Biscacodyl 5mg tablets (non-prescription- Dulcolax)
2. 1 bottle Miralax 238gm or 8.3oz bottle or (Generic)Polyethylene Glycol 3350 powder
3. 4 Simethicone/anti-gas chewables or soft gels (such as Gas-X or Simethicone)
4. 128 oz (1 gallon) of Gatorade, sports drink (Avoid red, purple, blue dyes)
5. Desitin or A&D ointment for a skin barrier (optional)

### DAY BEFORE YOUR PROCEDURE

1. **NO SOLID FOOD.** Drink clear liquids for all three meals and throughout the day. It is imperative to drink a large amount of clear liquids throughout the day to stay well hydrated. **DO NOT** eat or drink any solid food, liquids with red, blue or purple dyes, pulp or dairy/non-dairy products. **CLEAR LIQUIDS** you may have: water, juices without pulp, PowerAde/Gatorade, tea, bouillon, broth, soda pop, yellow/orange/green Jell-O, coffee without cream, or popsicles.
2. **At 4:00 PM.,** take 4 Dulcolax tablets with any clear liquid. Mix the bottle of MiraLAX into 128 oz of Gatorade and dissolve. Put the mixture in the refrigerator. Most patients think it is easier to drink cold.
3. **At 5:00 pm,** start to drink the 128 oz. of MiraLAX one cup every 10 – 15 minutes, until  $\frac{3}{4}$  of solution is gone. If you get nauseated you can wait up to 45 min to take the next dose, as long as you finish in 6 hours before the procedure. Using a straw can help. Be prepared to use the facilities frequently. **Chewing gum might help during the process.**
4. **At 7 p.m.,** take 2 Simethicone chewable or soft gels with 8 oz. of water. Simethicone has been shown to increase your doctor's ability to find and remove small, precancerous polyps. Simethicone is a safe, over-the-counter medication you can take to improve the efficacy of your colonoscopy preparation.

You will have consumed several glasses of the MiraLAX solution before having the first loose, watery bowel movement. Initially, you may experience some symptoms of cramping and bloating, but these symptoms will subside as you continue to have bowel movements.

**\*Stay hydrated by drinking plenty of clear liquids until bedtime.**

## **MORNING OF THE PROCEDURE (6 hours before the procedure)**

**Six Hours** before coming to the procedure , Take another 2 Simethicone chewables or soft gels with 8 oz. of water and start drinking the remaining MiraLAX solution continue to drink one cup every 10 to 15 minutes until the solution is completely gone. Drink 2-3 glasses of water over the next hour.

1. **NOTHING BY MOUTH AFTER THIS LAST DOSE** of Miralax solution.
2. **Successful colon preparation** is the elimination of all stool and sediments from the bowel. The stool secretions should resemble a urine-like appearance.
3. You may take a small amount of water with any blood pressure or seizure medications four hours before arriving to your procedure. All other medications can be taken after the procedure.
4. **All clear liquids should be stopped 4 hours before your appointment.**

## **NOTIFY THE ENDOSCOPY DEPARTMENT**

1. If you were unable to complete the colon preparation, we may need to reschedule your procedure.
2. If you have any questions regarding the colonoscopy preparation, call us at Revere Health Endoscopy Scheduling, [385-203-1150](tel:385-203-1150).