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## MIRALAX® BOWEL PREP INSTRUCTION

**IMPORTANT: For your safety, YOUR PROCEDURE WILL BE CANCELLED if these instructions are not followed.** Please watch the instruction video [LINK](#) and read these instructions carefully at least 14 days before your colonoscopy so you are well prepared.

**Please purchase:** MiraLAX® powder: 3 bottles, 119 grams each (4.1 ounces); Gatorade G2® (low-calorie, low sugar): 3 bottles, 32 ounces each (No red or purple color), and purchase OTCs Dulcolax® 5mg tablets (not suppository), Gas-X® (simethicone) chewable 125 mg tablets.

### Medication adjustments:

- ❖ **You will continue your blood pressure, heart medications, inhalers, and aspirin.**
- ❖ **If you take GLP-1 agonist medications such as Ozempic®, Mounjaro®, Trulicity®, Victoza®, etc., you must stop 7 days prior to the procedure for weekly injectables; if you take it daily, please stop 1 day prior.**
- ❖ **If you take diabetes medication:**
  - Take oral medication as prescribed.
  - **Insulin:** Please take ½ the baseline insulin dose the night before and in the morning of your procedure. Monitor your blood sugar in the morning of your exam and contact your PCP for further questions.
- ❖ **If you take blood thinners**, such as Rivaroxaban (Xarelto®), Apixaban (Eliquis®), Warfarin (Coumadin®), Clopidogrel (Plavix®), or other similar medicines,
  - ❖ please stop contact your prescribing provider for instructions on when to stop them.
- ❖ **If you take iron pills, stop 5 days before.**

### Follow a special diet before the colonoscopy.

Three (3) days before your colonoscopy, eat a low-residue diet. Stop fiber supplements such as Metamucil®, Citrucel®. You will not be able to eat solid food the entire day before your colonoscopy. If you were instructed to follow a two-day prep, you cannot eat any solid foods for two days prior. You will limit your diet to clear liquids only. Examples of **clear liquids** include water, sports drinks, tea, broth, Jello®, clear fruit juices *without* pulp, and black coffee. Avoid any items that are red and purple in color, as well as any milk/milk products.

### Take a bowel prep.

Before a colonoscopy, you will need to clean out your colon by following these bowel preparation instructions, and *disregard those on the prep kit box*. The laxative in your bowel preparation will cause you to have diarrhea. You should plan to be near a bathroom while taking your prep. It may take three to four (3-4) hours to produce a bowel movement. If you feel nauseated, stop drinking for at least 45-60 minutes. Once the feeling has subsided, resume drinking.

### Bring a medication list.

Please bring a complete medication list (names, dosage, frequency, and last date taken) with you.

If you take heart, blood pressure, or seizure medication routinely, you may take the medication up to two (3) hours before your procedure with a small amount of water.

For women of reproductive age, a pregnancy test is required before the procedure. You will need to provide a urine sample after checking in.

### Plan for your recovery.

You will receive anesthesia/sedation for this exam. You will not be allowed to drive or go back to work until the day after the procedure. You are not allowed to take a taxi, non-medical ride service, rideshare (Uber®), or leave the center alone.

**YOU MUST BE ACCOMPANIED BY A RESPONSIBLE ADULT WHO WILL STAY AND TRANSPORT YOU HOME FROM THE FACILITY. IF THEY ARE NOT ON SITE, YOUR PROCEDURE WILL BE CANCELLED.**

Please bring your insurance card(s) and photo ID with you on the day of your procedure. Please remove all jewelry, including earrings and facial/oral piercings. Leave all valuables at home.

If you must cancel this appointment, please give a 72-hour notice.

**Contact Harford Endoscopy Center during business hours if you have questions about your appointment or these instructions. You can reach us through our Klara text messaging at 443-785-5508 or call 410-838-6345.**

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### 7 Days Before Colonoscopy

Make sure that you have picked up your bowel prep kit, including Dulcolax® and Gas-X®



### 5 Days Before Colonoscopy

Make sure to stop any iron pills.



### 3 Days Before Colonoscopy

Start a low-residue diet, avoid nuts, seeds, or corn  
Stop fiber supplements such as Metamucil® or Citrucel®.



### Day Before Colonoscopy

Start a clear liquid diet from the moment you wake up.  
Put the 3 bottles of Gatorade (G2) in the refrigerator to chill.

#### **NO SOLID FOODS**

Please follow the diet instructions on the previous page.

#### **STAY HYDRATED**

Drink a minimum of 12 ounces (a glass) of fluids every hour to help hydrate and clean your colon, in addition to what you drink with your bowel prep medication.

**12 PM:** Take two (2) tablets of Dulcolax® at 12 PM (repeat if no bowel movement by 5 PM).

**6 PM:** Pour the 4.1-ounce bottle of MiraLAX® and one (First) bottle of Gatorade into a large pitcher and mix well until MiraLAX® is completely dissolved. Drink an 8-ounce glass every 10-15 minutes until the mixture is gone. Then, repeat the process with the second 4.1 ounce of MiraLAX® and one (Second) bottle of Gatorade.

You may drink more clear liquids or water throughout the evening to keep you hydrated.

*It may take 3-4 hours for some people to experience significant bowel movements; drinking more water or clear liquids will help.*



### Day of Colonoscopy

Continue a clear liquid diet, **NO SOLID FOODS**

Pour the 4.1-ounce bottle of MiraLAX® and one-third bottle of Gatorade into a large pitcher and mix well until MiraLAX® is completely dissolved.

If your procedure is scheduled before 12pm, start the solution at **4:00am**.

If your procedure is at/after 12pm, start the solution at **7:00am**.

During this process, **chew two (2) chewable 125 mg tablets of Gas-X® (simethicone)**.

**2 hrs before arrival time: STOP drinking completely.**