



## MIRALAX BOWEL PREP INSTRUCTIONS

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### 5-7 days prior to your Colonoscopy

1. Stop taking any medicine containing iron or any iron supplements.
2. Stop taking fish oil, vitamin E and any other oily vitamin for 7 days prior to your procedure
3. If you are taking Coumadin/Warfarin, Plavix, Effient, Pletal or any other blood thinning medication, please ask your prescribing doctor to see if you are able to stop those medications 5-7 days prior to your procedure. If you are not able to come off those medications, please contact our office prior to your procedure.
4. Please stop any additional aspirin or NSAIDS (Aleve, Motrin, Advil, Naproxen, Mobic etc) along with avoiding alcohol 5 days prior to your colonoscopy. You may continue to take a daily aspirin if needed for a medical condition.
5. Try to maintain a low fibrous diet. Avoid items like corn, popcorn, broccoli, beans and dried fruit.

### The Day Before Your Procedure

1. Ensure you have purchased the Miralax product.
2. You are only allowed to drink a clear liquid diet the day prior to your colonoscopy. DO NOT eat any solid foods the day prior to your exam.

### Clear Liquids Include the Following

- Coffee (no milk, cream, or powdered creamer)
- Tea
- Kool-Aid, Jell-O (no pieces of fruit or vegetables)
- Apple Juice
- Ginger ale
- Sprite
- 7-Up
- Fat Free Broth or Bouillon
- Water
- Gatorade
- Popsicles (No RED or PURPLE)
- Hard candy (No RED or PURPLE)

It is very important to drink plenty of fluids the day prior to your exam!

### **Starting around 4:00pm the day prior to your Colonoscopy**

1. Begin your bowel preparation by drink 17 grams of Miralax powder from the cap provided, mixed with 8 ounces of clear liquid from the list above, stir and drink. Repeat this process every 15-20 minutes until 14 doses are consumed.
2. This should take you about 2-4 hours to complete. If you feel full or nauseated by drinking the solution, then slow down and finish it before midnight. It is very important to drink the 14 doses the night BEFORE your procedure.

### **The Day of Procedure**

1. Finish drinking the remaining 4 doses of Miralax the morning of your procedure. It is important that you have finished the prep 4 hours prior to your scheduled colonoscopy. **ABSOLUTELY NOTHING BY MOUTH AFTER THIS TIME.**
2. If you are taking medications for high blood pressure or heart disease, it is important that you take them early in the morning on the day of your exam with a sip of water.
3. Please have someone drive you home from the procedure; you may be there 2 to 3 hours. Please make sure your driver will be available by phone if they are unable to wait.