



MIRALAX BOWEL PREP

Please follow the instructions carefully to ensure a successful prep.

You have been scheduled for a colonoscopy for the purpose of examining your colon and if necessary, removing any polyps (growth of tissue attached to the inside of the colon). The doctor may also take biopsies to check for other colon disorders. You will have an IV for the procedure so you can have sedation to make you comfortable during the procedure. Please follow your prep instructions carefully to ensure a clean colon for an accurate exam.

PREP WEEK AT A GLANCE

5 days to procedure	Review your prep instructions thoroughly. Review medication changes/restrictions starting today. Please see page 3 for further medication instructions.
3 days to procedure	 STOP eating any raw vegetables or vegetables containing seeds, corn, popcorn, nuts, and seeds and stop any fiber supplements until after the procedure. Purchase clear liquid diet items, soft wipes, reading material, etc.
2 Days to procedure	 Continue a low fiber diet. Remember to avoid foods with nuts and seeds. Confirm arrangements with your driver .
1 day to procedure	NO SOLID FOODS, CLEAR LIQUIDS* ONLY upon rising, until after your procedure. Prep at a Glance 3:00 pm take 2 bisacodyl 3:30 – prepare your prep solution 6:00 pm begin taking prep solution Drink plenty of water and liquids throughout the day to avoid dehydration. Detailed, step-by-step instructions continue on page 2.
Procedure Day	6 Hours prior to the procedure Drink remaining 32oz of prep solution. Nothing to eat or drink when you finish your prep solution. NO GUM OR HARD CANDY YOU MAY BRUSH YOUR TEETH BUT DO NOT SWALLOW *If you take heart, lung, blood pressure or seizure medication, you may take it with SMALL SIPS OF WATER ONLY, at least 2 hours before your procedure.

*Clear Liquid Diet Details: **NO RED ORANGE or PURPLE.**
NO DAIRY

Approved

- Sodas, coffee, tea
- Clear juices, fitness waters
- Popsicles without pulp
- Chicken, vegetable, and beef broth
- Gelatin

Avoid

- No milk/dairy
- No juices with pulp
- NO RED, ORANGE or PURPLE**



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Prep Day: **The day before your procedure**

No solid foods upon rising, until after your procedure. Drink plenty of water / clear liquids throughout the day to avoid dehydration. To assure you are cleaned out, please do not adjust your prep start time.

Step 1
3:00 PM the day prior to your procedure
Take two 5mg bisacodyl tablets with water.

Step 2
3:30 PM the day prior to your procedure
Mix the **ENTIRE BOTTLE** (8.3oz/238g) of Polyethylene Glycol 3350 with **64 oz.** of drink mix. Make sure the Polyethylene Glycol is mixed well and dissolved. Refrigerate prep solution.



Step 3
6:00 PM the evening prior to your procedure
Drink an 8 oz. glass of the solution every 10- 15 minutes until you have finished drinking **HALF OF THE MIXTURE (32 oz.)**
Continue to drink clear liquids.

Step 4
Continue drinking liquids as tolerated to prevent dehydration

*Individual responses to laxatives vary. Please stay close to a bathroom.
This preparation will cause multiple bowel movements and urgency to have a bowel movement may be immediate.*

Prep Day: **The day of your procedure**

Step 5
6 Hours prior to the procedure finish the remaining amount of solution. Finish this portion of the prep in 2 hours or less
NOTHING TO EAT OR DRINK AFTER COMPLETING THE PREP
Patients on heart, lung, blood pressure or seizure medicine need to take their daily medication with a sip of water per their regular routine. NOTIFY THE NURSE IN THE GI LAB WHAT MEDICATIONS YOU HAVE TAKEN TODAY.

Arrive 30 minutes prior to your procedure time, check in at the front desk

Information Regarding your procedure

- Aspirin should be stopped 5 days before procedure unless instructed by physician or cardiologist to continue.
- Stop non-steroidal medication (Ibuprofen, Aleve, Naproxen, OTC pain medications) 5 days before procedure. It is safe to continue Tylenol for pain management.
- Blood thinners (**Plavix, Coumadin, Heparin, Lovenox, Pradaxa, etc**) stopped according to instructions given by your cardiologist or doctor who is managing your anticoagulation medications. Please notify them that you are having a GI procedure. If your doctor wants you to remain on the blood thinners, please notify the office before the procedure.
- **STOP** iron supplements, multivitamins, herbal supplements, fish oil, OTC health supplements 5 days before procedure. **Please see below** for further medication instructions.

The day of your procedure

Make sure you have a legal adult available to drive you to and after the procedure. The procedure will not be done if you do not have a driver with you.

NO DRIVER! NO PROCEDURE!

Insurance Policy

- If your GI procedure results in a pathology service such as a biopsy or polyp removal, you may receive a professional interpretation bill from a pathology company. Call the customer service number on your insurance card to check with your insurance company to see what your coverage is going to be. This will minimize financial surprises as each insurance company plan pays for this procedure differently. *If you do not have insurance, please contact our billing team to arrange for payment prior to the procedure.*
- There is a fee (\$250) for all no-shows and cancellations made less than 72 hours prior to the scheduled procedure. This fee is not covered by insurance.

Bowel Prep Frequently Asked Questions

What is a clear stool?

A clear stool can have a slight tint of yellow or brown. It will be completely transparent and will not contain any solid matter.

I am not having bowel movements. What should I do?

Bowel movements can take up to 5-6 hours after beginning the prep to start. Be patient, and continue to drink liquids. If you have not had a bowel movement by midnight the night prior to your procedure, you will need to reach the on-call physician for further instructions.

The prep is making me nauseous. What should I do?

If you develop nausea or vomiting, slow down the rate at which you drink the solution. Please attempt to drink all the laxative solutions even if it takes you longer. If vomiting persists, or you are not able to finish the preparation, stop the preparation and call your physician's office for further instructions.

What are some high-fiber foods I should avoid?

Raw fruits and vegetables are typically high in fiber, as well as nuts, seeds, whole grain bread, beans, and lentils.

What are some good options for low-fiber foods?

Choose white bread and white rice for lower fiber options, as well as pastas made with white flour. Chicken, fish, dairy, and eggs are also low in fiber and good choices for foods 2-3 days before you begin your prep.

If I eat popcorn or seeds 3 days before my procedure, do I need to reschedule?

You will not need to reschedule your procedure; however, the seeds or nuts may cause a difficulty in screening and require a need for rescreening. If you have eaten a large amount of seeds or nuts, you may want to contact the nurse or physician.

Can I drink ALCOHOL on a liquid diet?

Alcohol is not allowed as part of the liquid diet.

Can I continue to be on the liquid diet after I begin consuming the laxatives?

Yes, you may continue the liquid diet until you are directed to discontinue anything by mouth, which is typically 4-6 hours prior to the procedure.

Why do I have to wake up so early for the 2nd dose? Can't I take it all the night before?

A split prep has proven to be the most effective for a successful colonoscopy. It is essential that you follow the directions provided with your prep medications.

If I weigh under 100 pounds, do I need to take all the prep?

The liquid amount is not weight dependent. It is important to finish the prep for a successful colonoscopy.