

Miralax® Colonoscopy Prep Instructions

Below are instructions to prep your colon for your colonoscopy. The colonoscopy prep will clean your colon so the doctor will be able to see your entire colon during the procedure.

Important!

Please follow only these instructions exactly as directed. **DO NOT** use the instructions that come with your prep. Failure to follow these instructions may lead to procedure cancellation. We highly recommend patients to watch our online prep video by scanning the QR code on the last page.

7 days prior to procedure:

- Pick up the following bowel prep items over the counter at any pharmacy:
 - 1 bottle of Miralax® 238g
 - AND**
 - One box of Dulcolax® laxative tablets
 - AND**
 - 2 bottles of a sports drink like Gatorade®, 64 oz. in total (**NO** red, orange or purple)
- **STOP** taking iron supplements and multivitamins.
- Please confirm a ride home from your procedure, as you will receive sedation.
 - Hospital policy requires that you have a ride home after your procedure by a responsible adult. Taxis, Uber's, Lyft's or public transportation are not recommended.

Failure to obtain a ride home may lead to cancellation of your procedure.

3 days prior to procedure:

- **STOP** eating foods that are high in fiber and hard to digest (examples include whole grains, seeds, beans, nuts, corn, popcorn, green leafy vegetables and any vegetables/fruit that have skin or seeds).
- You can eat white breads, pasta, rice, and any vegetables/fruits without skin, such as, bananas, mangos, melon, and peeled white or sweet potatoes.

1 day prior to procedure:

- Early in the morning, mix half the Miralax® powder (about 7 capfuls) with 32 ounces of sports drink (**NO** red, orange or purple) into a large pitcher. Shake until powder is dissolved and place in refrigerator.
- **Before 9:00 a.m. you may have a light breakfast, pick 1 from of the following:**
 - a small cup of yogurt,
 - a small bowl of low fiber cereal
 - 2 slices of white toast
 - 2 egg

If you are taking a group of medications called GLP-1, (used for diabetes and weight loss), DO NOT have light breakfast as they can slow stomach emptying. Begin a clear liquid diet when you wake up.

- **After 9:00 a.m.: you must stop eating all solid food and consume only clear liquids.** Drink at least 8 glasses of clear liquid throughout the day following the clear liquid guidelines below.

DO NOT consume:

- Liquids that are **red**, **orange**, or **purple**
- Alcohol
- Dairy or dairy substitutes
- Solid food
- Juices you cannot see through
- Soup
- Protein drinks



You MAY consume the following, (NO **red, **orange** or **purple**)**

- Sports drinks
- Clear juice, such as apple or white grape
- Clear carbonated beverages such as seltzer, ginger ale, Sprite or cola
- Fat free, clear broth or bouillon
- Water
- Black coffee or tea
- Jell-O
- Popsicles
- Italian Ice



- **At 5:00 p.m. take 4 Dulcolax® tabs with 8 ounces of water.**
- **At 6:00 p.m. drink 8 ounces of your Miralax® and sports drink mixture every 15-20 minutes until half of the container has been drank.**
 - If you become nauseous, stop drinking for 30 minutes to 1 hour, and restart at a slower pace.
 - Tips to improve the taste include:
 - Drinking the prep cold
 - Adding a powered drink mix, like Crystal Light, (**NO red, orange or purple**)
 - Drinking the prep with a straw helps avoid your taste buds, and makes the taste not as strong.

If you have not had a bowel movement three hours after drinking the 6pm dose, please call the hospital at **603-778-7311** and ask to speak to the GI (Gastrointestinal) nurse for further instructions.

Day of Procedure:

- **5 hours before procedure arrival time (may occur during the night):**
 - Mix the remaining half of the Miralax® powder with the remaining 32 ounces of sports drink into a large pitcher. Drink the mixture 8 ounces at a time every 15 minutes until it's gone.
 - If you are unable to finish your prep, call the hospital at 603-778-7311 and ask to speak to the GI (Gastrointestinal) nurse for further instructions.
- **3 hours before procedure arrival time:**
 - **STOP** drinking all liquids, including the bowel prep.
 - No chewing gum or hard candy.
 - You may take your morning medications with a sip of water at this time.

Turn over for additional appointment information

Additional Information

Ride Information

- You can expect to be ready to go home 1½ to 2½ hours after your arrival.
- After being dropped off, please be sure your ride is reachable by phone and able to return to the hospital within 30 minutes of receiving a call from us.
- Cell phone reception is limited in the parking garage. If your ride plans to stay in the car, it is best to park on the top floor of the garage.
- When your ride arrives to pick you up, please have them pull up to the hospital main entrance and provide your name to the valet. You will be transported via wheelchair to your ride.

Important Information on Medications

If you are taking a blood thinner, (examples; Coumadin, Plavix, Xarelto), you will receive instructions from our scheduling team about when to stop this medication, ordered by your prescribing provider.

If you are taking a diabetes medication, please call your prescribing provider for instructions before your procedure.

****Glucagon-like peptide agonists (GLP-1)** is group of medication used for diabetes or weight loss (examples; Ozempic, Wegovy, Saxenda, Byetta). If you are taking a GLP-1 medication, please call your prescribing provider about when to stop them as they can slow stomach emptying.

Failure to follow medication instructions may lead to cancellation of your procedure.

- If you wear contacts, you will be asked to remove them before the procedure.
 - If you are within childbearing age, you may be asked for a urine sample before to your procedure.
 - Please ignore the procedure times listed on Exeter Hospital or Core Physicians' patient portals. The Endoscopy department schedulers will contact you directly with your time.
 - You will be asked to remove jewelry before your procedure.
 - You should consider leaving valuable items at home.

Please scan the QR code with your cell phone to view the Endoscopy Department's Prep Instruction Video for further information.



For questions, or if you are unable to attend your appointment, please call the endoscopy department at 603-580-7892.