

## **How to Prepare for Your Colonoscopy using MiraLAX Bowel Prep**

A colonoscopy is an exam of your colon (large intestine). Your doctor will use a colonoscope (flexible tube with a camera on the end) to see the inside of your colon on a video monitor. During your procedure, your doctor can:

Remove a small sample of tissue (biopsy) for testing

Remove a polyp (growth of tissue)

Take photos of the inside of your colon

Follow these instructions carefully. It's very important that your colon is empty for your colonoscopy. If there's stool inside your colon, your doctor may not be able to see polyps or other problems inside your colon and you may have to repeat the procedure. If you have any questions, contact the doctor's office at 201-858-8444.

### **1 Week Before Your Procedure**

Ask about your medications

You may need to stop taking some of your medications before your procedure.

If you take a **blood thinner**, such as to treat blood clots or to prevent a heart attack or stroke, ask the doctor who prescribes it for you when to stop taking it

If you take **insulin or other medications for diabetes**, you may need to change the dose. Ask the doctor who prescribes your diabetes medication what you should do the day before and the morning of your procedure. Tell your doctor you will be drinking a sugar-free clear liquid diet the day before your procedure.

If you have an automatic implantable cardioverter-defibrillator (**AICD**), you need to get a clearance letter from your cardiologist (heart doctor) before your procedure.

**You must have a responsible adult to take you home after your procedure.**

An endoscopy nurse will call you before your procedure. They will review the instructions in this guide with you and ask you questions about your medical history. The nurse will also review your medications and tell you which medications to take the morning of your procedure.

### **5 Days before your procedure**

Stop any oral iron supplements

### **3 Days Before Your Procedure**

You should follow a low-fiber diet starting 3 days before your colonoscopy. During this time, do not eat: raw (fresh) fruits and vegetables, whole kernel corn, including canned corn, whole grains (such as oatmeal, brown rice, quinoa, or wheat bread), seeds (such as poppy or sesame) or nuts.

### **1 Day Before Your Procedure**

Follow a clear liquid diet

A clear liquid diet includes only liquids you can see through.

Don't eat any solid foods.

Try to drink at least 1 (8-ounce) glass of clear liquid every hour you're awake.

Don't drink anything red, purple, or orange.

If you have diabetes, only drink sugar-free clear liquids and check your blood sugar level often. If you have any questions, talk with your healthcare provider.

**You will need to buy the following supplies for your bowel preparation:**

4 (5 mg) tablets of bisacodyl (Dulcolax®). These are usually sold as a box of 10 tablets.

1 (238 gram) bottle of polyethylene glycol (MiraLAX®).

64 ounces of any clear liquid that isn't red, purple, or orange. You will need to mix this with the MiraLAX. Keep it at room temperature.

Gatorade® or Powerade® is a good choice. Sports drinks will help replace electrolytes that you will lose during the bowel preparation.

If you have diabetes, be sure to get sugar-free clear liquids.

**The Day Before Your Procedure**

Prepare your MiraLAX bowel preparation. Mix all 238 grams of the MiraLAX powder with 64 ounces of a room temperature clear liquid until the MiraLAX powder dissolves.

Once the MiraLAX is dissolved, you can put the mixture in the refrigerator. Many people find it tastes better when it's chilled.

Don't mix the MiraLAX earlier than the morning of the day before your procedure.

**Start your bowel preparation**

You will drink a large amount of cool liquid for your MiraLAX bowel preparation. This may cause bloating or discomfort in your abdomen (belly), nausea, or a headache. These things aren't cause for alarm. If you have pain in your abdomen or vomit, call your doctor.

At 4:00 pm on the day before your procedure, start drinking the MiraLAX mixture. Drink 8 ounces of the mixture every 15 minutes until the entire 64 ounces is consumed.

**Take 4 Dulcolax tablets once the liquid prep is complete**

**Nothing to eat or drink after midnight. This includes water, hard candy, and gum.**

**The Day of Your Procedure**

Take only the medications you were instructed to take the morning of your procedure. Take them with a few sips of water.