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Miralax Colonoscopy Prep Instructions

Important Reminders:

Preparation is very important. A proper cleanse allows for the best evaluation of the entire colon. If you do not follow the recommended preparation instructions, your procedure will be cancelled.

One week before colonoscopy

- **STOP** taking fish oil, vitamin E, aspirin, ibuprofen, Plavix, Coumadin, and any other blood thinners unless your doctor tells you otherwise. You can take Tylenol if needed.
- If you are diabetic, you will need to take half of your usual dose of diabetic medicine on the day of your preparation. Avoid taking medicines directly before or after drinking your preparation. (**Medications are very IMPORTANT. Don't ignore it.**)
- If you take Ozempic, Trulicity, Mounjaro or Jardice you will need to stop 1 week prior to your Colonoscopy. (If you take Metformin, please hold until after your colonoscopy, do not take it on the day before your procedure. If you take Lisinopril, please hold your usual dose until after the procedure.)
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Buy without a prescription:

- **64 ounces clear liquids, any liquid will do, e.g., water, Gatorade** (no red or purple dyes)
- **DULCOLAX (Bisacodil) 5 mg tablets** (4 tablets total)
- **Miralax 238 grams (Laxative Powder) 8.3 oz bottle**
- **4 GasX or Simethicone gas relief capsules**

One Day Before Colonoscopy

- You'll be on a **CLEAR LIQUID diet** this **FULL DAY**. (Examples: water, apple or white grape juice, chicken or beef broth, gelatin, Gatorade, clear soda, or green tea.)
- Black coffee, tea, and drinks dyed red or purple are not allowed. No dairy/milk or solid foods. **NO EXCEPTIONS**

STEP 1

1:00 p.m – Take the 4 tablets of Dulcolax (Bisacodil) with water & 4 tablets of gas x

3:00 p.m. - Mix the entire bottle (8.3 oz) of Miralax solution into 64 oz of clear liquid. Shake the solution until it is completely dissolved. Drink an 8-ounce glass every 15 minutes until the solution runs out. Do not rush this step.

It's okay to keep drinking clear liquids throughout the afternoon and early evening.

NOTHING BY MOUTH AFTER MIDNIGHT

Day of the Procedure

- **Do not eat or drink (including water) 2 hours before your procedure.**
- **Blood pressure and heart medications:** Take blood pressure and heart medications with a sip of water if you have been instructed to do so. **DO NOT take ACE inhibitors.** (i.e., lisinopril or drugs ending in "pril")
- IV sedation or anesthesia will be given for this procedure. Therefore, you must have an adult drive you home. **You CANNOT drive, go home by taxi or bus. If these instructions are not followed, your procedure will be cancelled.** You should plan to be in the hospital for at least 3-4 hours. You will need to plan to take the rest of the day off after your procedure to allow the effect of the sedation and/or anesthesia to wear off. You cannot return to work, drive, or use any electrical equipment after your procedure.
- **If you have questions, you need to cancel, or reschedule, please call our office: 503-874-0574**