

## Miralax Constipation AM - Colonoscopy Preparation Instructions

**Appointment Date:**            **Check In Time:**            **Procedure Performed by:**

### You will need:

- 2-3 Bottles of Miralax (Glycolax) 238 Grams Polyethylene glycol (PEG) available in the laxative section of your pharmacy.
- GasX or Simethicone gas relief capsules. Purchase over-the-counter. You will need 4 of these.

### Special Medication and Diabetic Directions: See separate instructions.

#### One week before

Stop taking iron pills, vitamins or herbal supplements in the pill form.

Take your usual prescription medication during prep unless told not to. Aspirin, Ibuprofen and Tylenol are OK if needed.

Avoid foods with seeds (flax seeds, popcorn, nuts and berries). They clog the colonoscope.

**Take 1 capful (17 grams) of Miralax mixed with 8 oz of water once daily.**

**If you regularly take Miralax daily, take 2 capfuls (34 grams) once daily.**

#### Two days before

Stop taking fiber supplements: Metamucil, Citrucel, etc.

**When you awake, begin Clear Liquid Diet. No Solid Food.** You may have: water, coffee, tea, (No milk or creamers) clear fruit juices without pulp or cloudiness, soda pop, Gatorade, chicken bouillon or clear broth, popsicles, and JELL-O.

Avoid the color **red** in all liquids. Avoid alcohol.

**5:00 pm:** Mix 34 grams (2 capfuls) of Miralax (polyethylene glycol) in 16 ounces of water and drink.

#### One day before Colonoscopy

**Continue Clear Liquid Diet NO SOLID FOOD.** You may have: water, coffee, tea, (No milk or creamers) clear fruit juices without pulp or cloudiness, soda pop, Gatorade, chicken bouillon, popsicles, and JELL-O.

Avoid the color **red** in all liquids. Avoid alcohol.

**4:00 PM:** Mix the 238 gram bottle of Miralax with 64 ounces of cold Gatorade or clear juice in a pitcher. Shake the solution to mix thoroughly.

**Drink half of the Miralax over 2 to 3 hours** (one glass every 10-15 minutes). Nausea and fullness is common until the laxative starts to work. If you vomit during the prep wait 30 minutes, try again, and go slower.

**Take 2 GasX pills.**

**11:00 PM Drink the second half of the Miralax solution over 2 to 3 hours** (one glass every 10-15 minutes). Nausea and fullness is common until the laxative starts to work. If you vomit during the prep wait 30 minutes, try again, and go slower.

**Take 2 GasX pills.**

#### Day of Colonoscopy - No Solid Food.

Take your regular morning medications at least 2 hrs before your check in time. Please do not take any narcotics or controlled substances, which includes some anxiety medications until after your procedure.

**DO NOT put ANYTHING in your mouth the 2 hours before your procedure.**

This includes but is not limited to: bowel prep, medication, hard candy, chewing gum and chewing tobacco.

**No Food. No Drink. 2 hours.**

You also need to arrange for an **adult driver** that is able to walk on their own, help you in and out of a car, drive you home and remain with you for 6 hours.

**If these instructions have not been followed your appointment may be delayed or cancelled.**

If you received these instructions by email, you will also receive an attachment with additional. important information.