

How to Prepare for Your Colonoscopy Using MiraLAX®

This information will help you get ready for your colonoscopy using polyethylene glycol (MiraLAX®).

A colonoscopy is a test that lets your doctor see inside 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

Before your procedure, you must follow these instructions carefully. You will need to do a bowel preparation to empty your colon before your procedure. It's very important that your colon is empty for your colonoscopy. If there's stool (poop) 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 your doctor's office.

1 Week Before Your Procedure

Arrange for someone to take you home

You must have a responsible care partner take you home after your procedure. A responsible care partner is someone who can help you get home safely and report concerns to your healthcare providers, if needed. Make sure to plan this before the day of your procedure.

If you don't have a responsible care partner to take you home, call one of the agencies below. They'll send someone to go home with you. There's usually a charge for this service, and you'll need to provide transportation. It's okay to use a taxi or car service, but you must still have a responsible care partner with you.

Ask about your medications

You may need to stop taking some of your medications before your procedure. Talk with your doctor about which medications are safe for you to stop taking. We have included some common examples below.

Anticoagulants (blood thinners)

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. Examples are listed in the “Common anticoagulants (blood thinners)” table. There are others, so check with your doctor if you’re not sure.

- apixaban (Eliquis®)
- cilostazol (Pletal®)
- clopidogrel (Plavix®)
- dalteparin (Fragmin®)
- enoxaparin (Lovenox®)
- fondaparinux (Arixtra®)
- heparin
- rivaroxaban (Xarelto®)
- tinzaparin (Innohep®)
- warfarin (Coumadin®)

Medications for diabetes

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 take metformin (such as Glucophage® or Glumetza®) or a medication that contains metformin (such as Janumet®), don’t take it the day before or the day of your procedure.

Buy supplies

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.
 - A sports drink like 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.

5 Days Before Your Procedure

Stop taking iron supplements

If you take an iron supplement, you'll need to stop taking it 5 days before your procedure. Iron supplements can cause color changes in your stool, which can make it harder for your doctor to see your colon clearly.

3 Days Before Your Procedure

Avoid certain foods

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)
- Nuts

2 Days Before Your Procedure

Don't start your clear liquid diet until the day before your procedure if you:

- Aren't usually constipated
- Don't take narcotic (opioid) medications
- Haven't had a colonoscopy with poor prep in the past

Avoid raw fruits and vegetables, whole kernel corn, grains, seeds, and nuts. Skip to the next section "The Day Before Your Procedure."

If you're usually constipated, take narcotic medications, or have had a colonoscopy with a poor prep in the past:

- Take 1 capful (17 grams) of MiraLAX mixed with 8 ounces of liquid at breakfast, lunch, and dinner.
- Follow a full liquid diet. On a full liquid diet, you may eat and drink the following:
 - Yogurt (without any pieces of fruit)
 - Fruit juices without pulp
 - Soda
 - Broth or cream soups that have been strained so there are no vegetable pieces

- Nutritional supplements
- Ice cream and fruit ices (without any pieces of fruit)

The Day Before Your Procedure

Prepare your MiraLAX bowel preparation

On the morning of the day before your procedure, 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.

Follow a clear liquid diet

You will need to follow a clear liquid diet the day before your procedure. Examples of clear liquids are listed in the table in this section.

- Don't eat any solid foods.
- Don't drink anything red, purple, or orange.
- Make sure to drink plenty of liquids other than just water, coffee, and tea. This helps to make sure that you get enough calories and is an important part of your colonoscopy preparation. Try to drink at least 1 (8-ounce) glass of liquid every hour while you're awake.
- If you have diabetes, you should drink only sugar-free clear liquids and check your blood sugar level often. If you have any questions, talk with your healthcare provider.

	Drink	Do Not Drink
Soups	<ul style="list-style-type: none"> • Clear broth, bouillon, or consommé 	<ul style="list-style-type: none"> • Any products with particles • of dried food or seasoning
Sweets	<ul style="list-style-type: none"> • Gelatin, such as Jell-O® 	<ul style="list-style-type: none"> • Anything red, purple,

- Flavored ices
- Hard candies, such as Life Savers®
- or orange

Drinks

- Clear fruit juices, such as apple, white cranberry, lemonade, or white grape
- Soda, such as 7-Up®, Sprite®, ginger ale, or seltzer
- Gatorade®
- Black coffee
- Tea
- Water
- Juices with pulp
- Nectars
- Milk or cream
- Alcoholic beverages
- Anything red, purple, or orange

Start your bowel preparation

Step 1: At 4:00 PM on the day before your procedure, take 2 bisacodyl (5mg) tablets by mouth with a glass of water.

Step 2: At 4:15 PM, start drinking the MiraLAX mixture.

1. At **4:15 PM**, drink 1 (8-ounce) glass of the mixture.
2. At **4:30 PM**, drink 1 (8-ounce) glass of the mixture.
3. At **4:45 PM**, drink 1 (8-ounce) glass of the mixture.
4. At **5:00 PM**, drink 1 (8-ounce) glass of the mixture.

You will drink 4 glasses of the mixture in total.

- When you're finished, half of the MiraLAX mixture will be left. Save the rest of it in the refrigerator for the second half of your preparation.
- Bowel movements usually begin within 1 hour of drinking the first dose, but it may take longer for some people.
 - Don't worry if you don't start having bowel movements after drinking the first half of the MiraLAX. Continue to drink liquids and start the second half of the MiraLAX as instructed.
- Put petroleum jelly (Vaseline®) or A & D® ointment on the skin around your anus after every bowel movement. This helps prevent irritation.
- Continue to drink clear liquids to stay hydrated and flush out your colon.

Step 3:

Follow these instructions the night before your procedure:

At **11:00 PM**, take 2 bisacodyl tablets by mouth with a glass of water. Then, start drinking the second half of the MiraLAX mixture.

1. At **11:15 PM**, drink 1 (8-ounce) glass of the mixture.
2. At **11:30 PM**, drink 1 (8-ounce) glass of the mixture.
3. At **11:45 PM**, drink 1 (8-ounce) glass of the mixture.
4. At **12:00 AM (midnight)**, drink 1 (8-ounce) glass of the mixture.

Be sure to finish the entire MiraLAX mixture.

- You can continue to drink clear liquids until 4 hours before your scheduled arrival time.
- Don't eat anything until after your procedure.