

# MiraLAX Colonoscopy Preparation

## How To Prepare For Your Procedure

Date of Procedure: \_\_\_\_\_ Location: \_\_\_\_\_

- **All Patients are called 2 to 3 business days before the day of the procedure with an arrival time.** If you need to cancel or reschedule please call 781-744-3301.
- Plan time off of work for the day of your procedure.
- **You MUST have a responsible person to come to the hospital and drive you home after your procedure.** Public transportation, taxi services, Uber or Lyft are not acceptable unless you have a responsible person ride with you.

## Items You Will Need to Buy

- 1 box of Dulcolax 5 mg or generic Dulcolax 5 mg tablets (bisacodyl) that has at least 4 tablets
- 1 bottle (8.3oz) of MiraLAX or generic MiraLAX which is polyethylene glycol
- Simethicone anti-gas chewable/soft gel tablets (Gas-x, Mylanta Gas, Mylicon)
- Baby Wipes, which may feel better than using toilet paper

## One Week Prior to Your Procedure

- Stop taking Iron pills, multivitamins with iron, and fiber supplements (Metamucil, Citrucel, and Fiberall).
- **If you take a blood thinner**, you may need to stop taking it temporarily. We will work with your healthcare provider who manages your blood thinner to create a plan for you to stop your medicine safely. Examples of blood thinners include warfarin (Coumadin), clopidogrel (Plavix), prasugrel (Effient), dabigatran (Pradaxa), rivaroxaban (Xarelto), apixaban (Eliquis), and ticagrelor (Brilinta).
- **If you take medications for diabetes**, please call the doctor who prescribes your medication. Ask if you should hold or take less medication on the day before and the day of your procedure.
- **If you take the following medications for weight loss or diabetes, you will need to stop it temporarily:**
  - The following weekly medications **need to be held for one week prior** to the procedure:
    - Dulaglutide (Trulicity), Exenatide extended release (Bydureon BCise), Semaglutide (Ozempic/Wegovy)
  - The following daily medications **need to be held the day of the procedure:**
    - Exenatide (twice daily) (Byetta), Liraglutide (Victoza, Saxenda), Lixisenatide (Adlyxin), Semaglutide (Rybelsus)

**If you have any questions about your procedure** or need to cancel or reschedule your appointment, please contact Endoscopy Nursing at 781-744-3301 between 7am and 5pm Monday through Friday. **After hours** (after 5pm and weekends), please call 781-744-5100 and ask for the Gastroenterologist on call.

## MiraLAX Colonoscopy Preparation

### 6 Days Before Your Procedure

- **Follow a low residue/low fiber diet:** avoid whole grain breads, nuts, seeds, popcorn, corn, beans, peas, raw fruits and raw vegetables.
- Well-cooked fruits and vegetables are acceptable

### The Day Before Your Procedure

- **FOLLOW A STRICT CLEAR LIQUID DIET. DO NOT EAT ANY FOOD AT ALL.**
  - Clear liquids include: water, apple juice, broths with nothing in it, Jell-O, black coffee or tea without milk/cream (may add sugar or sweetener), ginger ale, sprite, Gatorade, popsicles (no sherbet or fruit bars), flavored ice. Nothing red or purple.
- Mix the 8.3 oz bottle of MiraLAX with 2 quarts (64 ounces) of water in a large pitcher or bottle. You can add crystal light flavor to the mixture (not red or purple). Stir until the mixture is combined. Put it in the refrigerator if you want to drink it cold.
- **At 2 PM** take 4 tablets of the 5mg Dulcolax or generic bisacodyl tablets with a full glass of water.
- **At 5 PM** drink 1 glass of the MiraLAX mixture every 15 minutes until you have finished half of the bottle (1 quart or 32 ounces). Drink slower if you feel sick to your stomach.
- **At 9 PM**, take 2 Simethicone anti-gas chewables or soft gel tablets with 8 ounces of clear liquid. This reduces bubble formation in the colon which improves the quality of your colonoscopy.
- Make sure you are continuing to drink other clear liquids in addition to the MiraLAX mixture.

### The Day of Your Procedure

- **6 hours before your arrival time**, start drinking the remaining half (1 quart or 32 ounces) of the MiraLAX mixture. (You may need to start drinking this in the middle of the night.) You must finish this at least 4 hours before your procedure.
- After you finish drinking the MiraLAX take another 2 Simethicone anti-gas chewables or soft gel tablets with 8 ounces of clear liquid.
- Take your usual medications with a sip of water unless you are told otherwise, including blood pressure medications.
- You may have clear liquids today, but **2 hours before your procedure, do not have anything more to drink.**
- **Look at your stool.** It should be yellow liquid with no solid pieces. If it does not look like yellow liquid, please contact the Endoscopy Department in Burlington at 781-744-2400 or in Peabody at 978-538-4528.

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