

Miralax Colonoscopy Prep

Patient Name: _____

DOB: _____

Procedure Date: _____

The morning of the procedure, you will check in at the admissions desk at Baxter Health & they will direct you to the GI department.

The hospital will call you a few days before your procedure to give you your check in time. If you haven't heard from them by the day before, please let us know.

Plan on being at the hospital for at least 3 hours from your arrival time. There may be some instances that may require you to be there longer (i.e. emergencies, procedures taking longer than planned, etc.), so please be patient with the doctor and staff in the GI department.

It's very important that you follow the following instructions for your bowel prep. Without proper preparation, your colonoscopy may not be able to be done & will need to be rescheduled to another day.

YOU WILL BE GIVEN IV SEDATION THE DAY OF YOUR PROCEDURE, SO YOU WILL NEED A DRIVER THAT WILL BE WITH YOU WHEN YOU CHECK IN. You will also need someone to stay with you for a few hours after you get home.

You shouldn't drive a car, operate machinery, or ingest alcohol for at least 12 hours after your procedure.

You will need to purchase the following to complete your prep: You can find these items at Walmart, Walgreens, Harps, any pharmacy, even the dollar stores.

- 2 10oz. bottles of Magnesium Citrate
- 1 238 gram container of Miralax powder (generic allowed)
- 4 Dulcolax tablets, or stool softener of your choice
- 2 Gas-X tablets (generic allowed)
- 2 28 oz. bottles Gatorade or drink of your choice, not carbonated (NOT RED/PURPLE)

No aspirin, ibuprofen, Advil, Aleve, fish oil, turmeric, iron, multivitamin with iron, diclofenac (oral or topical), meloxicam, celebrex, phentermine for 7 days prior to your procedure. Take your last dose on _____.

Blood thinners will need to be held prior to your procedure as well. Please take your last dose of _____ on _____.

If you are diabetic: Check your blood sugar frequently during your prep. You may need to adjust your insulin and/or oral medications during your prep. If you take Trulicity, Ozempic, Wegovy, Byetta, Victoza, Mounjaro, Zepbound, or Rybelsus you will need to hold those prior to the procedure. Please take your last dose on _____. You will need to contact the prescribing doctor to advise of interim medications.

2 days before the procedure:

1. Put both bottles of Magnesium Citrate in the refrigerator and get them nice and cold.
2. After you eat dinner, drink 1 bottle of **Magnesium Citrate**. You will want to drink it slowly over the hour, because drinking it too fast will make you nauseous.

1 day before your procedure:

THIS WILL BE YOUR MAIN PREP DAY. No solid foods. You'll be on a clear liquid diet **ALL DAY**. Clear liquids include the following:

Water	Fruit juice (apple/white grape)	Coffee without milk/cream
Tea	Sodas	Jello
Hard candy	Clear broth/bouillion	Fruit flavored powdered drinks

AVOID RED & PURPLE COLORS & NO MILK/CREAM PRODUCTS (this includes oat/nut milks & non dairy creamers)

At 12 Noon: Mix the bottle of Miralax in your bottles of Gatorade or drink of choice. Put half the Miralax in one bottle and half in the other, shake vigorously and refrigerate. Make sure powder is dissolved fully.

At 3pm: Take 2 of the Dulcolax tablets.

At 3:30pm: Take the remaining 2 Dulcolax tablets.

At 5pm: Drink the first bottle of the **Miralax mixture**. You'll drink 7 ounce glasses every 10 minutes until completed.

At 8pm: Drink the last bottle of **Magnesium Citrate**.

At 11pm: Take the 2 Gas-X tablets. Then drink the remaining bottle of the **Miralax mixture** in 7 ounce glasses every 10 minutes until completed.

NOTHING BY MOUTH AFTER FINISHING THE MIRALAX MIXTURE. THIS INCLUDES GUM, CANDY, MINTS, CHEWING TOBACCO, SMOKING, AND VAPING.

The only medications that you need to take the day of your procedure are BLOOD PRESSURE, ANXIETY, AND SEIZURE. These can be taken with a small sip of water after you finish the Miralax mixture.

It's important that your colon is completely cleaned out, so the doctor can perform the exam. By the time you finish your prep anything that comes out should be yellowish-clear liquid (refer to chart). If you aren't fully cleaned out, please call the GI department at 870-508-1390, and they will give you extra prep instructions and/or have you check in earlier.