



Miralax Colonoscopy Prep

Date of Colonoscopy: _____

You need to buy the following over the counter (no prescription needed):

- One 64oz or two 32oz bottles of noncarbonated clear liquid drink (ie. Gatorade, Propel, Crystal Lite). No red or purple colors. If you have diabetes, you may use sugar free drinks.
- Six tablets of Dulcolax laxative for prep. Cannot be the suppository, stool softener, or soft chews.
- One bottle of MiraLAX (or generic polyethylene glycol 3350) 238 grams. This can be found in the laxative section of any pharmacy.
- One bottle of Infant's Mylicon Liquid. Ask the pharmacist for a substitute if this brand isn't available.

One week prior (_____) to your colonoscopy:

- Discontinue fiber supplements (ie. Metamucil, Citrucel, Fibercon).
- Discontinue iron pills and medication that can cause bleeding (ie. Aleve, Naprosyn, Motrin, Ibuprofen, Sulindac, NSAIDS). You can use Tylenol for pain if needed.
- Discontinue Plavix, Aggrenox, Xarelto, Pradaxa. Please check with your cardiologist or prescribing physician prior to stopping.
- Discontinue taking aspirin unless you are taking aspirin because you have a history of stroke or heart disease.
- Must discontinue Dulaglutide (Trulicity) Exenatide (Byetta) Exenatide Extended Release (Bydureon BCise) Liraglutide (Victoza) Lixisenatide (Adlyxin) Semaglutide subcutaneous, tablet (Ozempic, Rybelsus) Tirzepatide (Mounjaro)

Five days prior (_____) to your colonoscopy:

- Stop coumadin or warfarin. Please check with your cardiologist or prescribing physician prior to stopping.

Two days prior (_____) to your colonoscopy start a low residue diet.

- Allowed: all liquids, bread, bouillon, broth, chicken, crackers, eggs, fish, gelatin, plain yogurt, pasta, potato without skin, white rice
- Avoid: all vegetables, all fruit, any meat not included in allowed, cloves, nuts, seeds

One day prior (_____) to your colonoscopy:

This is the prep day. Only clear liquids are allowed until the procedure is complete. Consumption of anything other than clear liquids will impair the quality of the prep and thus impair the quality and safety of the colonoscopy. You may have clear liquids up until six hours prior to your procedure. Nothing by mouth for six hours prior to the procedure unless directed to do so.

- *Allowed:* Clear liquid diet is liquid food that you can see through. This includes water, fruit juices, Jell-O, clear broth or bouillon, clear fluids (ie. Sprite, sports drinks), popsicles, etc. Please consume plenty of clear liquids in order to prevent dehydration and loss of electrolytes.
- *Limit:* Coffee and Tea as they are dehydrating.
- *Avoid:* All solid foods, milk/dairy products, food/drinks with red or purple dye.

The Prep:

- In the morning, mix the 8.3 oz bottle of MiraLAX with your noncarbonated clear liquid drink (ie. Gatorade, Propel, Crystal Lite) of your choice and 3mL (cc) of Mylicon drops. Stir or shake the contents until the entire bottle of MiraLAX is dissolved.
- 1pm: Take 3 Dulcolax laxative tablets by mouth with water.
- 3pm**: Drink half of the MiraLAX/Mylicon solution. Drink one 8oz glass every 15 minutes.
- 9pm: Drink the other half of the solution. Drink one 8oz glass every 15 minutes until gone.
- 10pm: Take the remaining 3 Dulcolax laxative tablets by mouth with water.

****If your colonoscopy is scheduled for 12pm or later** follow the directions as above but drink the first half of the solution at 6pm the day prior to your procedure, the second half at 6am the day of the procedure, and then take the second 3 Dulcolax tablets at 7am the day of the procedure with a small glass of water.

Diabetic Patients:

- Use sugar free drinks during the prep and monitor your blood sugar closely to prevent low blood sugar and use sliding scale insulin if needed for elevated blood sugars.
- If you use insulin, take half of your usual evening dose prior to the procedure and on the morning of the procedure.
- If you are on an oral medication for diabetes, hold it the morning of the procedure.

Helpful tips:

- Some people may develop nausea or vomiting during the prep. The best remedy for this is to take a break from drinking the solution for about 30 minutes and resume drinking at a slower rate. It's important to drink the entire solution.
- You can try to prevent bloating by taking a walk between each glass of solution.
- Use baby wipes instead of toilet paper.
- Apply some Vaseline or Desitin to the anal area and between buttocks prior to starting the prep and reapply as needed.
- Remain close to the toilet facilities as multiple bowel movements may occur. This prep often starts within 30 minutes but may take as long as three hours.

Day of Procedure (_____)

- If you take blood pressure or heart medication, you may take it with a sip of water.
- You can have clear liquids until 6 hours prior to the scheduled procedure time.
- Wear loose clothing and leave jewelry/valuables at home.
- Bring a list of your medications with you.
- Please arrive on time. Occasionally an unforeseen event may cause us to be delayed. Please bring material with you to keep you occupied if there is a delay
- You **MUST** have a ride after the colonoscopy. An adult must take you home. You will not be allowed to go by taxi/bus/uber by yourself.

Rescheduling

If you need to reschedule your colonoscopy, please contact Columbus Medical Center at (402) 564-2816.

For colonoscopies scheduled with Columbus Surgery Center:

- If you need to reschedule during the evening or the night prior, please call the Columbus Surgery Center at (402) 562-8795. They will notify Dr. Discoe and the receptionist will contact you to reschedule within the next 2 business days.
- The Columbus Surgery Center reserves the right to move your colonoscopy time at their discretion based on scheduling conflicts. You will be called in advance for any changes.