

**MIRALAX/POLYETHYLENE GLYCOL EXTENDED BOWEL PREP**

The following instructions are your physician’s specific instructions. Please follow the instructions carefully to ensure a successful prep.

You can reach Your Patient Advisor with non-medical prep questions at **800.349.0285**

You can reach your physician’s office at **425.454.4768**

**Special Notes:** If you are taking blood thinner medication such as Coumadin or Plavix, call our office and speak to a nurse.

Seven (7) Days Prior to Procedure	Three (3) Days Prior to Procedure	Two (2) Days Prior to Procedure	One (1) Day Prior to Procedure	Day of Procedure
<p><b>Review your prep instructions thoroughly.</b></p> <p><b>Prep at a Glance Morning</b> - Take one dose (17g) of Miralax/ Polyethylene Glycol.</p>	<p><b>STOP</b> eating any raw fruits, raw vegetables or vegetables containing seeds, corn, popcorn, nuts and seeds.</p> <p><b>STOP</b> any fiber supplements until after the procedure.</p>	<p><b>Continue low residue diet as day prior.</b></p> <p><b>Prep at a Glance Morning</b> - Take one dose (17g) of Miralax/ Polyethylene Glycol.</p>	<p><b>NO FOOD on the day before your procedure. Follow the Clear Liquid diet instructions on page 2.</b></p>	<p>Begin drinking the 32oz prep solution as detailed on page 3.</p>
<p><b>Six (6) Days Prior to Procedure</b></p>	<p><b>Prep at a Glance Morning</b> - Take one dose (17g) of Miralax/ Polyethylene Glycol.</p>	<p>Confirm arrangements with your friend or family member who will be DRIVING YOU HOME.</p>	<p><b>Prep at a Glance Morning</b> - Take one dose (17g) of Miralax/ Polyethylene Glycol.</p>	<p>Please take all daily blood pressure medications with water <b>at least 3 hours</b> prior to your procedure.</p>
<p><b>Prep at a Glance Morning</b> - Take one dose (17g) of Miralax/ Polyethylene Glycol.</p>	<p><b>Prep at a Glance Morning</b> - Take one dose (17g) of Miralax/ Polyethylene Glycol.</p>		<p><b>3pm</b> - Take 2 Dulcolax/ Biscadoyl tablets.</p>	<p><b>Nothing by mouth 3 hours prior to your procedure.</b> This includes water, gum, hard candy, lozenges, mints, and tobacco products. You may brush your teeth, but do not swallow.</p>
<p><b>Five (5) Days Prior to Procedure</b></p>	<p>Purchase clear liquid diet items, and either Vaseline or Desitin for use during prep.</p>		<p><b>6pm</b> - Begin drinking the 32oz prep solution.</p>	
<p><b>STOP</b> oil-based and iron supplements.</p> <p><b>Prep at a Glance Morning</b> - Take one dose (17g) of Miralax/ Polyethylene Glycol.</p>			<p><b>10pm</b> - Take 2 Dulcolax/ Biscadoyl tablets.</p>	
<p><b>Four (4) Days Prior to Procedure</b></p>			<p><b>For detailed, step-by-step instructions, continue on page 2.</b></p>	<p><i>If you have anything in your mouth during the 3 hours prior to your procedure, your appointment may need to be rescheduled.</i></p>
<p><b>Prep at a Glance Morning</b> - Take one dose (17g) of Miralax/ Polyethylene Glycol.</p>				

## SEVEN DAYS BEFORE YOUR PROCEDURE

1

**Begin taking Miralax/Polyethylene Glycol once a day in the morning for the next seven (7) days**

- Mix together **1 dose (17g)** from the **FIRST BOTTLE** of Miralax/Polyethylene Glycol with **8oz** of clear liquid. Drink the mixture.

## TWO DAYS BEFORE YOUR PROCEDURE

**NO FOOD until after your procedure.** Drink plenty of water throughout the day to avoid dehydration.

**CLEAR LIQUID DIET** (No liquids with red or blue dye)

- Bouillon/Broth: chicken, beef or vegetable
- Juice: apple, white cranberry, white grape
- Water: plain or flavored
- Soda: Sprite or 7-Up
- Other: Gatorade, Crystal Light, Pedialyte, coffee, tea (Do NOT add milk, cream or non-dairy creamer; you may add sugars or other sweeteners if desired)
- Popsicles: orange, lemon, lime
- Jell-O: orange, lemon, lime
- Candy: hard candy such as LifeSavers, suckers, gummy bears
- **NO ALCOHOL**

## THE DAY BEFORE YOUR PROCEDURE

**Continue your clear liquid diet today.** Drink plenty of water throughout the day to avoid dehydration.

2

**3pm** the day prior to your procedure

- Pour the 64oz (½ gallon) of Gatorade/flavored drink mix into a pitcher and chill in the refrigerator.

3

**Between 6pm and 7pm** the evening prior to your procedure

- Mix together the **ENTIRE SECOND BOTTLE** of Miralax/Polyethylene Glycol (8.3oz/238g) with **64oz** of chilled Gatorade/flavored drink mix.

4

**Between 6pm and 7pm** the evening prior to your procedure

- Drink an 8oz glass of the solution every 20-30 minutes until you have finished drinking **HALF OF THE MIXTURE (32oz).**

*Diarrhea should start within one hour of the first dose, but may take 5-6 hours, depending on the person. If you have not had a bowel movement by midnight, you should obtain a bottle of magnesium citrate (296mL), from your local pharmacy, and drink the entire bottle. You may experience irritation to the anal area due to the diarrhea. If you experience anal discomfort, you may use pre-moistened towelettes (Cottonettes). You may also apply Vaseline or Desitin to the peri-anal area after each bowel movement to minimize irritation.*

## THE DAY OF YOUR PROCEDURE

**NO FOOD until after your procedure.** Drink plenty of water throughout the day to avoid dehydration.

5

### Six (6) Hours Prior to Leaving Home

- Begin the second half of the preparation solution. Follow the same instructions as the previous night.  
*\*Prep must be completed no later than **3 hours** prior to your procedure.*
- After completing the preparation, you may continue a **\*clear liquid** diet until **3 hours** before your colonoscopy appointment. After that nothing by mouth until after your exam. **DO NOT** use chewing tobacco, gum, lozenges, candy or breath mints.
- If you regularly take medications in the morning, take it at least **three (3) hours** before your colonoscopy with a small amount of water.

*You should be passing clear stool.*

## THE DAY OF THE PROCEDURE

### 3 Hours before your procedure

- Nothing by mouth
- Nothing to eat or drink until after your procedure
- Do not use chewing tobacco, gum, lozenges, candy or breath mints
- If you take daily medication, you may take it with **small sips of water only, at least 3 hours** before your procedure
- If you use a CPAP at night for sleep apnea, please bring it with you to your procedure
- If you use an inhaler for pulmonary disease, please bring it with you to your procedure

PLEASE ARRANGE TRANSPORTATION WITH AN ESCORT, OVER THE AGE OF 18, THAT YOU TRUST TO RECEIVE YOUR DISCHARGE INSTRUCTIONS. **ALL PATIENTS WILL BE REQUIRED TO HAVE AN ESCORT - YOU CANNOT DRIVE (OR TAKE A TAXI, UBER OR LYFT WITHOUT AN ESCORT).** YOU MUST PLAN TO REFRAIN FROM WORKING, DRIVING OR OPERATING HEAVY MACHINERY FOR AT LEAST 12 HOURS AFTER YOUR EXAMINATION. ALCOHOL AND SEDATIVES SHOULD BE AVOIDED FOR 24 HOURS AFTER THE PROCEDURE. IF YOU HAVE BIOPSIES OR A POLYP REMOVED, YOU WILL NEED TO AVOID ASPIRIN, ASPIRIN-RELATED PRODUCTS, AND BLOOD THINNERS FOR 24 HOURS.

**If you have any questions or concerns about the preparation,** please contact Your Patient Advisor by calling 800.349.0285 or emailing [support@yourpatientadvisor.com](mailto:support@yourpatientadvisor.com).

## FREQUENTLY ASKED QUESTIONS

### **What is a clear stool?**

A clear stool can have a slight tint of yellow or brown. It will be completely transparent, and will not contain any solid matter. The bottom of the toilet can be seen through clear stool.

### **I am not having bowel movements, what should I do?**

Bowel movements can take up to 2 hours to start after beginning the prep, but may take 5-6 hours, depending on the person. Be patient, continue to drink clear liquids. If you have not had a bowel movement by midnight the night prior to your procedure, you should obtain a bottle of magnesium citrate (296mL), from your local pharmacy, and drink the entire bottle.

### **The prep is making me nauseous, what should I do?**

If you develop nausea or vomiting, slow down the rate at which you drink the solution. Please attempt to drink all of the laxative solution even if it takes you longer. If vomiting persists, or you are not able to finish the preparation, stop the preparation and call your physician's office for further instructions.

### **What are some high fiber foods I should avoid?**

Raw fruits and vegetables are typically high in fiber, as well as nuts, seeds, whole grain breads, beans and lentils.

### **If I eat popcorn or seeds 3 days before my procedure, do I need to reschedule?**

You will not need to reschedule your procedure, however the seeds or nuts may cause a difficulty in screening and require a need for rescreening. If you have eaten a large amount of seeds or nuts, you may want to contact the nurse or physician.

### **Can I drink ALCOHOL on the liquid diet?**

Alcohol is not allowed as part of the clear liquid diet.

### **Can I continue to be on the liquid diet after I begin consuming the laxatives?**

Yes, we encourage you to continue the clear liquid diet until you are directed to discontinue anything by mouth, which is typically **three (3) hours** before the procedure.

### **Why do I have to wake up so early for the second dose, can't I take it all the night before?**

A split prep has proven to be the most effective for a successful colonoscopy. It is essential that you follow the directions provided with your prep medications.

### **If I weigh under 100 pounds, do I need to take all of the prep?**

The liquid amount is not weight dependent. It is important to finish the prep for a successful colonoscopy.