

Miralax Split-Dose Bowel Preparation Instructions for Colonoscopy

What is Miralax?

- Miralax or polyethylene glycol is a bowel cleansing product used to cleanse the bowel prior to colonoscopy and for constipation. It is over the counter and can be bought at any pharmacy. Purchase a 14 dose bottle and a 7 dose bottle OR a 20 dose bottle and you will use 18 doses from it.

5-7 days prior to your Colonoscopy

- 1). Stop taking any medicine containing iron or any iron supplements.
- 2). Stop taking fish oil, vitamin E and any other oily vitamin for 7 days prior to your procedure
- 3). If you are taking Coumadin/Warfarin, Plavix, Effient, Pletal or any other blood thinning medication, please ask your prescribing doctor to see if you are able to stop those medications **5-7** days prior to your procedure. If you are not able to come off those medications, please contact our office prior to your procedure.
- 4). Please stop any additional aspirin or NSAIDS (Aleve, Motrin, Advil, Naproxen, Mobic etc) along with avoiding alcohol **5** days prior to your colonoscopy. You may continue to take a daily aspirin if needed for a medical condition.
- 5). Try to maintain a low fibrous diet. Avoid items like corn, popcorn, broccoli, beans and dried fruit.

THE DAY BEFORE YOUR PROCEDURE

- 1). Ensure you have purchased the Miralax product.
- 2). You are only allowed to drink a clear liquid diet the day prior to your colonoscopy. **DO NOT** eat any solid foods the day prior to your exam.

CLEAR LIQUIDS INCLUDE THE FOLLOWING

Water, soda-coke, pepsi, sprite....**NO RED**, white cranberry juice, tea, coffee **NO CREAMER**, Kool-aid **NO RED**, apple juice, broth (chicken, vegetable, beef), jello **NO RED**, flavored water, crystal light, or powered drink mixes **NO ALCOHOL**

It is very important to drink plenty of fluids the day prior to your exam!

Starting around 4:00pm the day prior to your Colonoscopy

- 1). Begin your bowel preparation by drink 17 grams of Miralax powder from the cap provided, mixed with 8 ounces of clear liquid from the list above, stir and drink. **Repeat this process every 15-20 minutes until 14 doses are consumed.**

This should take you about 2-4 hours to complete. If you feel full or nauseated by drinking the solution then slow down and finish it before midnight. It is very important to drink the **14** doses the night **BEFORE** your procedure.

THE DAY OF PROCEDURE

- 1). Finish drinking the remaining 4 doses of Miralax the morning of your procedure starting at _____. It is important that you have finished the prep before _____. **ABSOLUTELY NOTHING BY MOUTH AFTER THIS TIME.**
- 2). If you are taking medications for high blood pressure or heart disease, it is important that you take them early in the morning on the day of your exam with a sip of water.
- 3). Please have someone drive you home from the procedure; you may be here 2 to 3 hours. Please make sure your driver will be available by phone if they are unable to wait.

COMMON QUESTIONS

1. Why is it important to drink a split dose bowel preparation?
 - a. This formulation of bowel preparation has shown to be better tolerated by patients and produce better results than other bowel preparations.
2. Why is it important to have a clean bowel for my colonoscopy?
 - a. Without a clean bowel, the physician performing your colonoscopy has a higher chance of not seeing small polyps or even cancer that could be obscured by stool.
3. Will I be incontinent the morning of my exam?
 - a. **NO.** The morning dose of Miralax usually works quicker and lasts shorter than night dose.
4. Are there other bowel cleansing preparations out there?
 - a. Yes, however we believe this to be the safest and best tolerated preparation available at the current time. If needed, we can prescribe other preparations.

PROCEDURE DATE: _____

PROCEDURE ARRIVAL TIME: _____

PROCEDURE TIME: _____

PROCEDURE LOCATION: St Mary's Hospital / JCMG Surgery Center

If you have any questions regarding these instructions please call 573-556-5736 option #4 then option for Dr. Echelmeyer's Nurse.

Please notify our office at least 3 days in advance if you need to reschedule or cancel your appointment.