

## **MiraLAX**

### **Colonoscopy Preparation Instructions**

- Things to buy
  - Two 10 oz bottles of magnesium citrate
  - One 238 gram bottle of **MiraLAX**
  - One 64 ounce bottle of Gatorade (clear or light color - no purple, green, red, blue, etc)
- **Five Days Before Your colonoscopy**
  - Begin a restricted residue diet
  - DO not eat nuts, seeds, popcorn, corn, etc.
  - Discontinue fiber supplements such as Metamucil, Citrucel, Fiberall, etc.
- **Day three before Your Colonoscopy**
  - Take half bottle of magnesium citrate at 8am.
- **Day two before Your Colonoscopy**
  - Take half bottle of magnesium citrate at 8AM
  - Liquid diet after lunch
- **Day one before Your colonoscopy**
  - Take half bottle of magnesium citrate at 8AM
  - No solid food
  - Drink clear liquids only for breakfast, lunch, and dinner (see list below) in the morning, put the bottle of Gatorade (G2) in the refrigerator to chill
  - At 5:00 p.m. pour the 238-gram bottle of MiraLAX powder into the 64-ounce bottle of Gatorade (G2)
    - Shake the solution until the MiraLAX is completely dissolved
    - Drink one eight-ounce glass every 10 to 15 minutes until the solution is three quarters gone
    - Refrigerate remaining prep for the morning, it is important to continue drinking clear liquids until bedtime.
    - If you experience nausea, slow down the pace of drinking or take a short break, then resume drinking.
- **Day of Your colonoscopy**
  - Five to Four hours before you leave for your procedure, drink one eight-ounce glass of the MiraLAX solution every 10 to 15 minutes until solution is gone.
  - YOU may have clear liquids up to two hours prior to your procedure.
  - You should not have anything by mouth after that time. Follow the recommendations given when you visited the doctor and/or recommendations on the colonoscopy prep instruction sheet regarding your medications.

#### **Clear Liquid Diet List**

Drinking clear liquids will help with your preparation.

Beverages

Soft drinks: orange, ginger ale, cola. Sprite, 7-up, Gatorade, Kool-Aid (not red or purple)

Strained fruit juices without pulp: apple, white grape, orange, lemonade

Soups: Chicken or beef broth

Desserts

Jell-O gelatin (lemon, lime or orange; no fruit or toppings)

Popsicles (no sherbet or fruit bars)

**Do not drink anything with red or purple coloration**

## CLEAR LIQUID DIET

TYPE	DO LIQUIDS	AVOID THESE
Soup	<ul style="list-style-type: none"> <li>*Clear Chicken, Beef or Vegetable broth</li> <li>*Consomme</li> </ul>	<b>NO</b> solid foods such as meat, bread, vegetables, fruit, nuts, eggs or cheese.
Sports Drinks	<ul style="list-style-type: none"> <li>*White or Yellow Gatorade</li> <li>*Powerade</li> <li>*Propel</li> <li>*Clear Ensure (not fruit</li> </ul>	<b>NO</b> dairy Products such as milk, creamer, non dairy creamer, ice cream, whipped cream, half and half.
Juice	<ul style="list-style-type: none"> <li>*Apple</li> <li>*White Cranberry</li> <li>*White Grape</li> </ul>	<b>NO</b> cloudy liquids such as orange juice, tomato juice or soup.
Beverages	<ul style="list-style-type: none"> <li>*Water</li> <li>*Lemon Kool Aid</li> <li>*Sprite, 7Up, Ginger Ale, or other soda</li> <li>*Flavored Water</li> <li>*Pedialyte</li> <li>*Coffee/Tea without milk (NO coffee the day</li> </ul>	AVOID LIQUIDS WITH RED, BLUE, PURPLE, GREEN or DARK colored Beverages or Jello.
Other	<ul style="list-style-type: none"> <li>*Jello</li> <li>*Lemon Popcicles</li> </ul>	<b>IF YOU CANNOT see through it, it is NOT a clear liquid</b>

DAY BEFORE PROCEDURE: \_\_\_\_/\_\_\_\_ \* **DO NOT CONSUME COFFEE THE DAY OF YOUR PROCEDURE!** \*

Avoid sedating medications and marijuana. Absolutely NO alcohol of any kind.

If you experience vomiting while taking your prep solution, temporary stop drinking and try to resume in one hour at a slower rate. PLEASE CALL IF UNABLE TO KEEP APPOINTMENT ASAP 479-1952.