



SPECIALTY MEDICINE, EXCEPTIONAL CARE

**MiraLAX-2 DAY CHRONIC CONSTIPATION PREP INSTRUCTIONS:** Please read these instructions at least a week before your procedure

**YOU MUST HAVE SOMEONE DRIVE YOU HOME. YOU WILL BE SEDATED FOR YOUR PROCEDURE. YOU SHOULD NOT DRIVE AGAIN UNTIL THE MORNING AFTER YOUR PROCEDURE.**

You may not take a taxi, bus, MAX, or any type of public transportation unless accompanied by an adult. ***Drivers or adult companions will be confirmed at the time of the check in, or your procedure will be rescheduled.*** Please contact the office directly for specific driver instructions.

**Please call our office prior to your procedure if you have had a change in your health, serious illness, or have been hospitalized since your last visit.**

**On the day of your procedure, do not have anything by mouth 4 hours prior to your procedure. This includes water, mints, gum, hard candies and tobacco.**

**WHAT YOU WILL NEED:**

- 238 gram bottle of **MiraLAX** powder (over the counter).
- 64 ounce bottle of a sports drink like Gatorade, Propel, or Powerade to mix the MiraLAX in. **NO RED OR PURPLE.**
- 10 ounce bottle of green or clear **magnesium citrate** (over the counter). **NO RED OR PURPLE.**
- 4 **Dulcolax**, 5mg laxative pills (bisacodyl) (over the counter).
- Four (4) Gas-X Extra strength (simethicone 125mg anti-gas) chewables or soft gels (over the counter).
- Clear liquid diet supplies for two and a half days. (See CLEAR LIQUID DIET Handout.)
- Suggestions: cup with straw and lid for drinking prep, wet wipes, diaper rash ointment. (See the HELPFUL TIPS FOR PREPARING FOR A COLONOSCOPY Handout.)

**PREPARATION:**

- **It is important to continue to take all your regularly scheduled prescribed medications while you complete the prep, up until 4 hours before your procedure, ESPECIALLY BLOOD PRESSURE or HEART medications, ANTI-SEIZURE meds, and PAIN meds, unless your doctor told you otherwise.**
- If your medications are due during the time you are supposed to drink the preparation or if they are due during the last 4 hours before your procedure, you may need to take them earlier than scheduled. Check with the provider who prescribed them if you need further instructions.
- If you are diabetic, please refer to the separate instruction sheet for details regarding diabetes medication adjustment and additional preparation instructions.

**Beginning 7 days prior to your procedure:**

**1. STOP ALL HERBAL MEDICINES AND SUPPLEMENTS**

- a. Including but not limited to: Iron, vitamin E, ginger, garlic, valerian root, and fish oil.
- b. You may continue to take a multivitamin.

**2. STOP EATING VISIBLE NUTS, SEEDS, AND WHOLE GRAINS**

- a. Examples with visible nuts/seeds/grains: whole grains on breads and cereals, quinoa, oatmeal, poppy seeds, sesame seeds, popcorn, nuts, all fruits with visible seeds that cannot be removed (such as berries [blueberries are ok] and jams/preserves). If you can remove the seeds, you can have foods like tomatoes, cucumbers, melons, apples, oranges, etc.

**3. IF YOU TAKE COUMADIN (warfarin), PLAVIX, OR ANY OTHER BLOOD THINNING MEDICATIONS**

- a. Please refer to the handout BLOOD THINNING AGENTS for further instructions. Please make sure you understand if you are supposed to stop taking your blood thinner or not. If you have any questions, call our office or your prescribing physician.

**Beginning 2 days prior to your procedure:**

- 1. START CLEAR LIQUID DIET** (Refer to CLEAR LIQUID DIET Handout for directions and examples)

- a. **Start when you wake up. No solid foods of any kind the entire day.** It is very important to stay hydrated, so drink frequently throughout the day and drink lots of water, at least 8 glasses.
  - b. To keep from getting too hungry be sure to include some of the high protein options, and you need calories, so having some options that are not sugar-free are important, even for diabetics.
  - c. Remember NO RED or PURPLE liquids! (Could make your colon look 'inflamed'.)
  - d. **ABSOLUTELY NO ALCOHOL!**
- 2. At 10:00 am**
- a. Take 1 Dulcolax pill. Continue clear liquid diet the remainder of the day.

**Beginning 1 day prior to your procedure:**

**1. CONTINUE LIQUID DIET FOR THE ENTIRE DAY – NO SOLID FOOD OF ANY KIND.**

**2. At 10:00 am:**

- a. Take 1 Dulcolax pill.

**3. At 5:00 pm:**

- a. Take 1 Dulcolax pill.

**4. At 6:00 pm:**

- a. Drink the 10 ounce bottle of magnesium citrate. To prevent nausea, please take about 15 minutes to drink.
- b. Bowel movements may begin to occur in 1 to 2 hours.

**5. At 7:00 pm:**

- a. Mix the entire bottle of MiraLAX in 64 ounces of a sports drink like Gatorade, Propel, or Powerade (NO RED OR PURPLE). Mix until completely dissolved.
- b. Drink half of the mixture (32 ounces) at the rate of one 8 ounce glass every 15-20 minutes. This should take 1 to 1.5 hours.
- c. Refrigerate the remaining half of the mixture for the next day.
- d. Take two (2) Gas-X (or simethicone) with a small amount of clear liquid.
- e. Be prepared, sometimes the prep starts working right away. However, it can take several hours before some people have their first bowel movement. In either case, be ready to spend a lot of time on the toilet. You may have bowel movements throughout the night.
- f. **Continue to drink lots of water and clear liquids of your choice all evening. This is a necessary step to ensure adequate hydration and an effective prep.**

**Beginning the day of your procedure:**

**1. CONTINUE CLEAR LIQUID DIET AND LAXATIVE PREP**

- a. Again, no solid foods of any kind before your procedure. Continue clear liquid diet as above.

**2. 7 HOURS PRIOR to your procedure:**

- a. Take the remaining 1 Dulcolax pill.
- b. Drink the rest of the MiraLAX mixture at the rate of one 8 ounce glass every 15-20 minutes until it is entirely gone.
- c. Drink 3 more 8 ounce glasses of clear liquid over the next hour.
- d. Take two (2) Gas-X (or simethicone) with a small amount of clear liquid.
- e. **Expect another series of bowel movements, which may continue up until you leave home. The output should be getting clearer until it looks like urine.**
- f. You may continue drinking clear liquids up until 4 hours before your scheduled appointment.
- g. Be sure you have taken all of your regularly scheduled prescribed medications that are due during the next 4-6 hours.

**HOW DO I KNOW IF MY PREP IS WORKING AFTER DRINKING THE SECOND HALF?**

**Look at your stool!**

Yes, my prep is working if:

- My output is clear (I can see the bottom of the toilet bowl) – yellow and clear like urine
- My output is light orange and almost clear (no solid pieces)

No, my prep may not be good enough so I should call the office if:

- My output is dark or brown and murky (I cannot see the bottom of the toilet bowl) – not clear
- My output is dark orange and somewhat clear

Your procedure could be rescheduled or delayed if you are not prepped properly. If you are not sure that your prep is working, please call the clinic.

**3. 6 HOURS PRIOR to your procedure:**

a. **Stop all tobacco products, including chewing tobacco.**

**4. 4 HOURS PRIOR to your procedure:**

- a. For the next 3 hours you can have **NOTHING MORE BY MOUTH**. This also means **NO CHEWING GUM, MINTS, HARD CANDIES, ETC.** Having fluids in your stomach, even a lot of saliva, puts you at risk for vomiting and possibly inhaling fluid into your lungs while you are sedated.
- b. The only exception: If you have a **critical medication** that cannot be taken 4-6 hours early, it can be taken up to **2 hours before the procedure, BUT ONLY WITH A SIP OF WATER (no more than 2-3 TABLESPOONS).**
- c. FOR YOUR SAFETY...Failure to follow this will result in your procedure being cancelled and rescheduled. NO EXCEPTIONS.
- d. REMEMBER: You need to arrive earlier than your scheduled procedure time to complete the check in process. Contact your clinic if you are unsure of the arrival time and note it here. **Arrival Time** \_\_\_\_\_.

**ADDITIONAL INSTRUCTIONS:**

- Female patients: **IF YOU ARE PREGNANT OR ARE UNSURE IF YOU ARE PREGNANT: YOUR PROCEDURE MAY BE CANCELLED WHEN YOU ARRIVE.** We strongly recommend you take a pregnancy test if you are unsure. Please call us before the procedure date to discuss this if you are, or could be, pregnant.
- If you use an inhaler for asthma or COPD, please bring this with you to your procedure.
- Bring your insurance card and a photo ID to your procedure.
- Do not bring valuables to your procedure.
- Friends and family may not watch your procedure.
- For the safety of our patients and staff, we ask that you leave any weapons at home.
- You may be charged a fee for missed appointments that are not cancelled or rescheduled 3 business days prior to your procedure time. The fees are as follows:

Hospital or Office Procedures	\$100
Ambulatory Surgery Center	\$200

**FOR PATIENTS' PRIVACY CELL PHONES AND OTHER ELECTRONIC DEVICES MUST BE TURNED OFF AND STORED AWAY WHILE IN THE PROCEDURE AREA. PHOTOGRAPHS AND RECORDINGS ARE PROHIBITED.**