

Miralax Preparation Instructions for Colonoscopy (2 Days)

Call/text us at (281) 746-9284 - Option 4 for any questions about preparation or scheduling

A \$150 cancellation fee will apply to patient if the procedure is not cancelled at least 72 hours prior to the scheduled procedure

7 Days Before Your Procedure

Stop the following:

- Weekly GLP-1 medications (Ozempic, Wegovy, Mounjaro, Trulicity, Byetta)
- Phentermine medications (Adipex, Fastin, Lonamin, Qsymia, Loamira, Duromine)
- High-fiber foods including nuts, seeds, corn, popcorn, raw vegetables, salads, beans, whole grains, and fiber supplements
- Oral iron supplements (IV iron is acceptable)
- OTC vitamins, herbs, supplements, CBD oil, Omega 3 fish oil
- NSAIDs (e.g. Advil, Motrin, Aleve, Alka-Seltzer, BC Powder, Excedrin, etc.) Tylenol is safe if needed

Special Instructions

- For Daily GLP-1 & SGLT 2: Jardiance, Farxiga, Xigduo, Victoza, Adlyxin, Saxenda, etc - stop 3 days prior to your procedure
- Blood Thinners (Plavix, Coumadin, Eliquis, Xarelto, Aspirin, etc.): A clearance form will be provided for your prescribing provider to determine whether these should be held prior to your procedure
- Aspirin 81mg daily may be continued unless otherwise directed
- Dialysis patients (must be scheduled at Outpatient Hospital only): Coordinate with your nephrologist, have dialysis the day before and post-dialysis potassium check

Items to purchase over-the-counter (No prescription required)

- 6 Dulcolax® tablets (laxative)
- 238 gram bottle of MiraLAX® powder
- 2 bottles (10oz) of Magnesium Citrate (lemon or lime flavor only)

2 Days Before Your Procedure

DRINKING SCHEDULE

(If nausea, bloating, or cramping occurs → slow down, sip extra water, then continue!)

In the morning	Eat a normal breakfast
12:00 PM	Eat a light lunch, then switch to a clear liquids diet : Water, clear broth or bouillon, Jell-O, Kool-Aid, popsicles, strained fruit juices (no pulp), coffee/tea (no cream), etc. No alcohol is allowed. Avoid red, purple, or blue colored liquids
6:00 PM	Drink one bottle of Magnesium Citrate
8:00 PM	Take 2 Dulcolax tablets with at least 8 ounces of water

1 Day Before Your Procedure

ALL DAY	CLEAR LIQUIDS ALL DAY: ***A minimum of 2 liters of water should be consumed the DAY BEFORE your procedure MEDICATIONS: You may take your routine medications the day before your procedure, unless instructed otherwise. STOP taking ACE Inhibitors/ARBs (Lisinopril, Benazepril, Losartan, Olmesartan, etc.) 24 hours prior to your procedure
4:00 PM	Take 2 Dulcolax® Tablets with at least 8 ounces of water
6:00 PM	Mix the 238 grams of MiraLAX® in 64 ounces of clear liquid of your choice - examples above. Shake the solution until the MiraLAX® is dissolved. Drink 8 ounces of the solution every 10-15 minutes until 5 glasses of the solution are consumed
10:00 PM	If stools ARE CLEAR, take 2 Dulcolax tablets with at least 8 ounces of water If stools are NOT CLEAR (not like “apple juice” or “tea-colored”), drink 1 bottle of Magnesium Citrate

The Day of Procedure

6 hours prior to your scheduled arrival time	Continue a clear liquid diet, then drink the remaining 3 glasses of MiraLAX® solution. Drink 8 ounces of the solution every 10- 15 minutes until the solution is gone. Then STOP drinking any liquids
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✓ **OK to Take:** Heart, Blood pressure, Steroids, Anti-anxiety, Thyroid, Seizure, or Immunosuppressant medications with a small sip of water; use inhalers as prescribed. Other medications/ supplements may be resumed after returning home. Any other liquids that morning may result in cancellation of your procedure.

✗ **Do NOT take:** Diabetes medications (Insulin, Metformin, Rybelsus, Janumet, etc.) or diuretics. Do not chew gum or eat candy within 2 hours before the procedure. Do not wear contact lenses.

 **Biopsy Results:** If a biopsy is taken, results can take up to 14 business days. Please schedule a follow-up appointment for 2 weeks after your procedure to review them. If no follow-up is needed, we'll contact you to cancel it.

 **Transportation Requirement:** A family member or friend must drive you home. Uber/Lyft is only allowed if accompanied by a family member or friend.