

## MiraLAX Preparation for a Colonoscopy (Morning Procedure)

In order to achieve an accurate evaluation of your lower gastrointestinal (GI) tract, it is important that you properly prepare for the procedure. Doctors are able to obtain the clearest view of the bowel when it is flushed completely free of waste material. The thoroughness of this intestinal cleaning depends on you. Without your cooperation, the examination cannot accomplish its purpose and may have to be repeated.

### ***Supplies:***

1. 10 ounce bottle of Magnesium Citrate. You may purchase this over the counter at a grocery or drug store. It tastes better chilled, so we would suggest refrigerating it.
2. 64 ounce bottle of Gatorade. NOTE: Do not drink Gatorade that is red, pink, purple or dark blue in color, i.e. cherry, wild berry, fruit punch, grape, etc.
3. 238 gram bottle of MiraLAX or generic GlycoLax powder. You may purchase this over the counter at a grocery or drug store.



### ***5 Days Before Procedure:***

1. Do not take any aspirin or ibuprofen products. Tylenol (acetaminophen) is allowed.
2. Do not consume any foods that contain seeds or nuts. These foods take longer to pass through the bowel and should be avoided.
3. **If you are taking anticoagulants or blood thinners such as Coumadin, Plavix (clopidogrel), Persantine (dipyridamole), Ticlid (ticlopidine), Aggrenox, Pletal or aspirin regularly, please discuss this with your physician. In most circumstances, these medications are discontinued prior to your procedure.**



### ***2 Days Before Procedure:***

1. You may eat your regular diet.
2. Drink the 10 ounce bottle of Magnesium Citrate at **7:00 PM**. We suggest drinking this solution chilled or on ice.

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### The Day Before Procedure:

1. You will need to follow a **clear liquid diet** the entire day before your procedure. We ask that you avoid dark colored clear liquids (red, purple or dark blue). NO milk products, NO vegetables, NO breads or grains, NO meats and NO fats or oils are allowed. By rule of thumb, a clear liquid is one that can be seen through. Some examples include: clear juices without pulp, clear soda, chicken or beef broth, popsicles, Jell-O, Italian ice, tea, coffee, clear hard candy, etc. If you are diabetic, drink regular (non-diet) liquids in moderation throughout the day.
2. Take regularly prescribed medication (except for blood thinners as detailed above).
3. Mix the entire bottle of MiraLAX powder with the entire bottle of Gatorade. Shake the solution until the MiraLAX is dissolved. Refrigerate.
4. At **6:00 PM**, begin drinking the solution. Drink an 8 oz glass every 10 to 15 minutes. It is best to drink the whole glass rapidly rather than sipping small amounts continuously. Drink the entire solution. Bowel movements should occur about one hour after the final glass. NOTE: It is normal to feel very “full” or “bloated” during your prep. Some people may also experience nausea and vomiting. If this occurs, simply wait about 30 minutes before resuming drinking. This will likely disappear once bowel movements begin. If the vomiting resumes, please call our office. If your bowel movements are not clear or pale yellow after drinking the entire solution, please also call our office at (717) 761-0930.
5. You may drink clear liquids until 5 hours before your procedure. Also, no chewing gum, hard candy or chewing tobacco should be consumed at least 5 hours before your appointment.

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### **On the Day of the Procedure:**

1. At **6:00 AM**, take any currently prescribed heart and blood pressure medications with a sip of water.
2. If you are diabetic: Do not take your diabetic medication (pills or insulin) the morning of your procedure. If you normally monitor your blood sugars at home, please check your blood sugar the morning of your procedure. If your blood sugar is over 150 or below 90, please contact West Shore Endoscopy Center at (717) 975-2430. An anesthesia specialist will provide you with further instructions.
3. Please report to your appointment at the scheduled time. **NOTE:** The procedure will last about one and one-half to two hours.
4. A driver must come with you in order to drive you home after the procedure. You will be sedated for your colonoscopy. You may not drive or work for 12 hours after the procedure.