

# Bowel Prep Instructions - MiraLAX<sup>®</sup>

## Split Prep




Your doctor will be using a small camera to look inside your colon (bowel). In order to see the inside, you will need to clean out your colon.

Please use this checklist to make sure you are ready for the procedure. If you do not, your procedure may be cancelled or have to be repeated. If you have questions, please contact your doctor's office.

**Location of my colonoscopy:**    **Kalamazoo Endo Center**  
**3300 Cooley Ct.**  
**Portage, MI 49024**

**One week before my colonoscopy:**

**I will buy the following:**

<input type="checkbox"/>  <p>MiraLAX<sup>®</sup> 8.3 oz. powder (or generic polyethylene glycol 3350).</p>	<input type="checkbox"/>  <p>Dulcolax<sup>®</sup> laxative tablets (not a stool softener and not a suppository). I need 4 tablets.</p>
<input type="checkbox"/>  <p>Two 32 oz. bottles of clear, yellow, orange or green Gatorade<sup>®</sup>. Do <b>not</b> use red or purple. If I have diabetes, it is ok to get a low-calorie drink.</p>	<input type="checkbox"/> Clear liquids. <p>These are liquids that I can see through.</p> <p>Examples are water, clear broth, bouillon, clear sodas (7-Up<sup>®</sup>, Sprite<sup>®</sup>, ginger ale), apple juice, black coffee, tea, popsicles (no red, blue or purple), Jell-O (not red, blue or purple) and pulp free lemonade.</p>

**I need to tell my doctor about ALL the medicines I take.**

**Blood thinners** such as Coumadin<sup>®</sup> (warfarin), Plavix<sup>®</sup> (clopidogrel), Xarelto<sup>®</sup> (rivaroxaban), Eliquis<sup>®</sup> (apixaban), Pletal<sup>®</sup> (cilostazol), Brillinta<sup>®</sup> (ticagrelor), Aggrenox<sup>®</sup> (ASA/dipyridamole), Effient<sup>®</sup> (prasugrel) or Savaysa<sup>®</sup> (edoxaban), full-strength Aspirin 325mg. Baby Aspirin (81mg) is ok.

**Diabetes medicines** may need to be adjusted. I will tell my primary care doctor that I am having a colonoscopy so they can change my doses, if needed.

**Blood pressure medicines** will continue as directed by my doctor. A nurse will tell me which medicines I can take on the day of the procedure.

**Vitamins and dietary supplements** will need to be stopped 5 days before my colonoscopy. This includes herbal supplements and fish oil.

**I need to arrange an adult to drive me to and from the procedure.**

I will be given medicines to make me sleepy. I will not be able to drive or operate machines after the procedure. I will not be allowed to take a bus, taxi, Uber/Lyft or walk home unless I am with an adult. My procedure will be cancelled if an adult is not with me.

**My bowel prep schedule:**

**7 days before the procedure:**

Begin a low-fiber diet

I can eat:	I should not eat:
<ul style="list-style-type: none"><li>• Tender, well-cooked meat or poultry, fish, eggs, tofu, creamy peanut butter.</li><li>• White rice, breads, crackers, pasta, potatoes (no skin).</li><li>• Applesauce, ripe bananas, peaches; cooked or canned fruit without seeds or skin.</li><li>• Well-cooked or canned vegetables without seeds like green beans, carrots, pumpkin, yellow squash or beets.</li></ul>	<ul style="list-style-type: none"><li>• Tough, chewy meats.</li><li>• Whole wheat or whole grain breads, pastas, rice or crackers.</li><li>• Popcorn, nuts, granola, seeds.</li><li>• Berries, dried fruits, pineapple.</li><li>• Any vegetable with seeds, peas, beans, corn, broccoli, tomatoes.</li><li>• Jams, preserves, marmalade, crunchy peanut butter (jelly is ok).</li><li>• Raw or uncooked vegetables.</li></ul>

Bowel Prep for Colonoscopy (MiraLAX<sup>®</sup> Split Prep)

## **5 days before the procedure:**

- Stop taking iron pills, herbal medicines, supplements, and vitamins.
- Stop taking NSAIDs (Motrin<sup>®</sup>, Advil<sup>®</sup>, ibuprofen, Excedrin<sup>®</sup>, Aleve<sup>®</sup>, Naprosyn<sup>®</sup>, Celebrex<sup>®</sup>, Toradol<sup>®</sup>, etc.)

## **2 days before the procedure:**

- Pour out or drink a little Gatorade<sup>®</sup> from each bottle to make room. Mix 7 doses of MiraLAX<sup>®</sup> (½ of the 8 oz. bottle) in each 32 oz. bottle of Gatorade<sup>®</sup>. You will use the entire bottle of MiraLAX<sup>®</sup> between the two bottles of Gatorade<sup>®</sup>. Shake well and put in refrigerator for best taste.
- At 9 pm, take 2 Dulcolax<sup>®</sup> tablets (5 mg each) with an 8 oz. glass of water.

## **1 day before the procedure:**

- Only drink clear liquids. I cannot eat any solid food or dairy products. Stop any alcohol or marijuana use.
- At noon, take 2 Dulcolax<sup>®</sup> tablets (5 mg each). Drink at least four 8 oz. glasses of clear liquids.
- At 5pm, drink the first 32 oz. bottle of Gatorade<sup>®</sup>/MiraLAX<sup>®</sup>. Drink 8 oz. every 15 minutes until gone. Stay near the bathroom.
  - Most people will start to have diarrhea within 2 hours after drinking the mix. After some time, the diarrhea will be thin liquid with little or no solids.
  - If I start to feel sick to my stomach, I will try drinking the mix slowly. Walking around may help.
- Continue to drink at least four 8 oz. glasses of clear liquids. No alcohol or marijuana.

## **Morning of the procedure:**

- At 6 hours before your arrival time drink the second 32 oz. bottle of Gatorade/MiraLAX<sup>®</sup> in one-two hours. Drink 8 oz. every 15 minutes until gone. Stay near the bathroom.
  - The last bowel movement before my arrival should be like water.
- A nurse will tell me which medicines I can take on the morning of the procedure.
- All liquids must be done by 4 hours before your arrival time.
- Starting 4 hours before your arrival time: Do not drink anything until after your procedure. No gum, candy, or sips of any liquid.