

Colonoscopy: How to Prepare with MiraLAX®

Generic Name: Polyethylene glycol 3350 (PEG 3350)

7 DAYS BEFORE

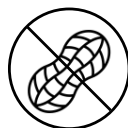
1. Review your prep instructions thoroughly.
2. Review medication changes/restrictions. **PLEASE READ PAGE 6** of this document for further medication instructions. **CONTINUE TAKING PRESCRIBED ASPIRIN.**
3. Arrange for a Licensed Driver. Must be at least 18 years old and have a cell phone.
 - **Required for sedation.**
 - Your test will be rescheduled if you do not have a driver 18 years or older available at drop off. The driver should not schedule or plan any appointments during this time.
4. Please utilize our website for more information:
www.iowaclinic.com/prep-instructions
 - Watch the online Colonoscopy Education video (recommended).



Scan QR code for
prep-instructions.

3 DAYS BEFORE

1. **PURCHASE** the following over-the-counter items:
 - **One (1) 8.3 oz (238g) bottle of MiraLAX®** (or generic equivalent, polyethylene glycol 3350).
 - **Four (4) Dulcolax® tablets (bisacodyl 5mg).** Available over the counter.
 - **Two (2) 32 oz bottles of Gatorade®** (or similar electrolyte drink). **NO RED OR PURPLE.**
 - **SIMETHICONE** (Gas-X® or gas relief medication). **This is highly recommended, but NOT mandatory.** Available over the counter in a variety of forms. Capsules, chewable, tablets and liquids are all acceptable. Regular strength (125mg) or Max. strength (180mg) and any flavor is acceptable.
3. **STOP these supplements:** Fiber (like Metamucil®, Citrucel® or Benefiber®). Anti-diarrhea medicines (like Kaopectate®, Lomotil®, Pepto-Bismol® and Imodium® or loperamide). Daily vitamins. Iron supplements.
4. **START a low fiber/low residue diet.** **PLEASE READ PAGE 5** for diet examples.



1 DAY BEFORE

1. **Eat a low residue/low fiber breakfast.** Breakfast must be consumed before 10am.
You may have **ONE** of the following:
 - Eggs (fried, over easy, scrambled or boiled) with or without condiments AND 2 slices white bread **OR**
 - 2/3 cup yogurt (no seeds, berries or nuts) AND 1 banana
- **STOP** eating solid foods at **10am**. **NO more solid foods until after your procedure.**
- **START CLEAR LIQUID** diet (only liquids you can see through). **PLEASE READ PAGE 5** for clear liquid examples.
 - Stay well hydrated
 - **NO** alcohol, red or purple liquids, dairy, oil, pulp, etc.

4pm (Evening BEFORE Procedure)

STEP 1: **TAKE** four (4) Dulcolax® tablets with a full glass of water.

STEP 2: **MIX** one-half (1/2) bottle of **MiraLAX®** into each 32 oz bottle of Gatorade®. Shake well and **place in the refrigerator** to keep cold. Do not add anything else to the mixture.



6pm (Evening BEFORE Procedure)

1. **DRINK** the first dose of Gatorade®/MiraLAX® prep, starting with **STEP 3**.

STEP 3: Drink an 8 oz glass of the Gatorade®/MiraLAX® prep (using a straw) every **10–20 minutes** until **one (1) full bottle of prep solution is gone**. You **MUST** drink the entire first bottle.

STEP 4: **Take two (2) tablets of Simethicone** with the Gatorade® in **Step 3**.

You will have diarrhea drinking the solution. Remain near a toilet. You may have bloating, abdominal cramps and nausea. This is normal. Drinking the solution more slowly and over the 1-2 hours timeframe can help alleviate these symptoms. Consider a straw.

2. **TAKE Prescription Medications** (i.e.: blood pressure, cardiac, thyroid and seizure medications), **unless instructed otherwise**.
 - Take your prescription medications **at least one (1) hour** before or after drinking your prep.

DAY OF PROCEDURE

1. **NO** solid food.
 2. **CONTINUE** to drink clear liquids up to two (2) hours before your check-in time.
 3. **TAKE Prescription Medications** (i.e.: blood pressure, cardiac, thyroid and seizure medications), unless instructed otherwise.
- Take your prescription medications at least one (1) hour before or after drinking your prep.

4 HOURS PRIOR TO CHECK-IN TIME

1. **Drink the second dose of the Gatorade®/MiraLAX® preparation, starting with STEP 1.**
 - We realize you may need to wake up in the middle of the night to take the second dose. However, we have found this method results in the cleanest colon. **Even though your stools may become clear after the first dose, it is important to take the full second dose.**

STEP 1: Drink an 8 oz glass of the Gatorade®/MiraLAX® prep (using a straw) every **10–20 minutes** until **one (1) full bottle of prep solution is gone**. You **MUST** drink the entire first bottle.

STEP 2: Take two (2) tablets of Simethicone with the water after drinking the prep solution.

1. Most people feel mild bloating, abdominal cramps and nausea. This is normal. Drinking the solution more slowly and over the 1–2 hours timeframe can help alleviate these symptoms.
2. **STOP** drinking **ALL liquids 2 hours** before your check-in time, including water.
3. Your stools should be clear/see-through yellow and watery in appearance.
4. If you are still passing solid stool or brown diarrhea, please call 515.875.9145.



WHAT TO DO/BRING ON THE DAY OF YOUR PROCEDURE

- ☐ Insurance cards/Photo ID/Advance Directive if available
- ☐ List of medications/surgeries
- ☐ Any inhalers
- ☐ Wear comfortable clothing /no underwired bras
- ☐ Remove ALL jewelry and piercings
- ☐ Leave valuables at home

WHAT TO EXPECT

1. Approximate length of stay is 2-3 hours.
2. Your driver may leave after drop off and will be instructed when to return. Remind them to bring a cell phone.
3. The sedation medications given for the colonoscopy may cause forgetfulness and impaired judgement, coordination, and reaction time. These effects can last for up to twelve (12) hours after administration. NO driving for the remainder of the day.

SPECIAL INSTRUCTIONS

1. Individual coverage benefits vary. You are responsible for checking with your insurance regarding your benefits and any required prior authorization.
2. Your test will be rescheduled if you do not have a driver 18 years or older available at drop off. The driver should not schedule or plan any appointments during this time.
3. **Please note, marijuana use the day of your procedure is prohibited and will result in your procedure being rescheduled.**

HELPFUL HINTS

1. Try drinking the solution with a straw.
2. You may have bowel cramps until the stool has flushed from your colon (this may take 2 to 4 hours and sometimes much longer).
3. To prevent your bottom from becoming sore, you may: Use baby wipes or tucks pads, soak in warm water bath or use warm water spray, use hemorrhoidal ointment if you have hemorrhoids (wipe off prior to your exam), DO NOT use zinc based ointments or Vaseline.
4. Your questions are important to us. Please utilize our website for more information: www.iowaclinic.com/prep-instructions You may also send us a message using your MyHealth portal during normal business hours or call 515.875.9115.



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COLONOSCOPY PREPARATION DIET GUIDE

Low-Fiber/Low-Residue Diet: Start AT LEAST 3 days before your procedure

Below is a guideline of foods you can eat while following a low-residue diet before your procedure. In general, avoid anything tough or fibrous, and anything with whole grains, nuts, seeds, skins or red dye. A low residue diet will help you get the best results from your bowel prep. **If you aren't sure if the food is low residue, it is best to skip it while you are preparing for your procedure.**

Food Group	Foods Allowed	Foods to Avoid
Milk and Dairy	Milk, soy or nut milks (as long as they aren't gritty) ice cream, yogurt, cheese	No dairy product with pieces of nuts, seeds or fruit in it
Beverages	Coffee, tea, soda, juices with no pulp, KoolAid (without red dye), Boost, Ensure or other nutritional supplements without added fiber	No drinks with pulp, seeds, added fiber or prune juice
Bread, cereals and starches	Any refined breads including English muffins, pita, biscuits, muffins, crackers, pancakes, waffles, Cheerios, Cornflakes, Rice Krispies, white rice, refined pastas	No whole grains, oatmeal, granola, anything with seeds or nuts, corn bread, graham crackers, brown or wild rice, potato skins, quinoa
Fruits	Canned or cooked fruit without skins or seeds, apple sauce, ripe bananas, jellied cranberry sauce	No raw fruits (except ripe bananas), canned pineapple, oranges, mixed fruit, dried fruit, whole cranberry sauce, avocado
Vegetables	Tender, well-cooked canned or frozen vegetable with no seeds or skins, such as peeled carrots or beets, strained vegetable juice or tomato sauce	No raw vegetables or any cooked that are tough or fibrous such as broccoli, asparagus, cabbage, spinach, etc
Meat and meat substitutes	Cooked tender fish, poultry, beef, pork, eggs, tofu, smooth nut butters	No gristle, cold cuts or sausages, any meat substitute made with whole grains, seeds or pieces of nuts, beans, peas or lentils
Miscellaneous	Salt, sugar, ground or flaked spices, chocolate, any liquid or smooth condiment such as ketchup, soy sauce, mayo or jelly (but not jam or preserves)	No pepper, seed spices or other seeds, nuts, popcorn, pickles, olives

Clear Liquid Diet

- Water
- Light-colored sodas
- Tea or coffee (black only - no cream)
- Clear juices
- Gatorade or other sports drinks (no red or purple)
- Chicken, beef, and vegetable broths, bouillon
- Jell-O® (no red or purple)
- Popsicles (no red or purple)

MEDICATION CONSIDERATIONS

1. **Continue your prescribed Aspirin.**
2. You may need to stop **blood thinning** medications before your procedure. Call our office if you have not received instructions, 515.875.9115.
 - Blood thinning medicines include: prasugrel (Effient®), warfarin (Coumadin®), clopidogrel (Plavix®), dabigatran (Pradaxa®), rivaroxaban (Xarelto®), apixaban (Eliquis®), enoxaparin (Lovenox®), or ticagrelor (Brilinta®).
3. You may need to adjust your **diabetes** medication and blood sugar testing during the colon prep phase. **Call your primary care provider for instructions.**
4. If you take any **GLP-1** medications, you will need to convert to the **MiraLAX® prep Constipation Protocol**. These instructions can be found on The Iowa Clinic Website: www.iowaclinic.com/prep-instructions. Call the Gastroenterology office, 515.875.9115, if you need further guidance.
 - GLP-1 medicines include: Liraglutide (Victoza®, Saxenda®), semaglutide (Ozempic®, Wegovy®), dulaglutide (Trulicity®), exenatide (Byetta®, Bydureon®), or tirzepatide (Mounjaro®)
5. If you have **fewer than three (3) bowel movements per week** (or experience hard, dry, or lumpy stools) you will need to convert to the **MiraLAX® prep Constipation Protocol**. These instructions can be found on The Iowa Clinic Website: www.iowaclinic.com/prep-instructions. Call the Gastroenterology office, 515.875.9115, if you need further guidance.
6. **Simethicone** taken during bowel preparation for colonoscopy can significantly reduce the presence of gas bubbles and foam formation, leading to improved visualization of the colon. Clear visualization of the colon wall is essential for detecting polyps or other abnormalities. **This is optional, NOT mandatory.**

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