



## Colonoscopy: How to prepare with Miralax®

### MEDICATION CHANGES

You may need to stop or adjust blood thinning or diabetes medicines before your procedure. Call our office if you have not received instructions.

// **Blood thinning medicines** - like prasugrel (Effient®), warfarin (Coumadin®), clopidogrel (Plavix®), dabigatran (Pradaxa®), rivaroxaban (Xarelto®), apixaban (Eliquis®), enoxaparin (Lovenox®), or ticagrelor (Brilinta®).  
**Aspirin use should continue unless instructed otherwise.**

// **Diabetes medicines** - your diabetes medicine and blood sugar testing may need to be changed during your prep time. Please call your primary care provider for guidance.

---

### 7 DAYS BEFORE

#### Arrange for a Licensed Driver.

Must be at least 18 years old and have a cell phone.

---

### 3 DAYS BEFORE

**PURCHASE** one 238g bottle of Miralax® (or generic equivalent) from pharmacy, four Dulcolax® (bisacodyl) tablets, and two 32 oz bottles of Gatorade® (or similar). **NO RED OR PURPLE.**

#### Stop these medications:

// Fiber or iron supplements (like Metamucil®, Citrucel®, or Benefiber®).

// Anti-diarrhea medicines (like Kaopectate®, Lomotil®, Pepto-Bismol® and Imodium® or loperamide).

---

### 1 DAY BEFORE

**EAT A** low residue breakfast. Breakfast must be consumed before 10AM. You may also drink clear liquids.

### LOW RESIDUE BREAKFAST OPTIONS

You may have **ONE** of the following:

- 2 eggs (fried, over easy, scrambled or boiled) with or without condiments AND 2 slices white bread
- 2/3 cup yogurt (no seeds, berries or nuts) **AND** 1 banana

**CLEAR LIQUIDS ARE ALLOWED UP TO TWO HOURS BEFORE YOUR PROCEDURE.  
PLEASE AVOID RED OR PURPLE LIQUIDS.**

## CLEAR LIQUIDS

**CHOOSE** these types of liquid:

- // Water and soda
- // Tea or coffee without milk or cream
- // Clear broth (beef, chicken or vegetable)
- // Clear, light colored juices or sports drinks
- // Popsicles without fruit or cream
- // Jell-O or gelatin without fruit

**AVOID** these types of food:

- // Red or purple liquids
- // Milk or cream
- // Alcoholic beverages
- // Orange, grapefruit and tomato juice
- // Soup other than clear broth

**MIX** a 1/2 bottle of Miralax® into each 32 oz bottle of Gatorade®. Place in refrigerator to keep cold.

**4 PM** (Evening BEFORE Procedure):

- // Take four Dulcolax® tablets with water.

**6 PM**

- // Drink an 8 oz glass for prep (using a straw) every 10-20 minutes until one bottle of Gatorade®/Miralax® is gone.
- // You will have diarrhea 1-2 hours after drinking the solution.
- // You may take your medications with a small sip of water (except those you were instructed to hold). Take your medications at least one hour before or after drinking your prep.

---

## DAY OF PROCEDURE

**DO NOT** eat any solid food. Continue to drink clear liquids throughout the day.

**DO** take your heart or blood pressure medication the morning of the exam.

**4 HOURS PRIOR** to your check in time

- // Drink an 8 oz glass of prep every 10-20 minutes until the second bottle of Gatorade®/Miralax® is empty.
- // Drink ALL of the liquid in the container.
- // As you finish your prep, your stools should be clear/yellow and watery in appearance. Flecks of stool are OK. If you are still passing solid or brown, call us at 515.875.9115.

**2 HOURS PRIOR** to your check in time

- // You **MUST** be done drinking all fluids.

---

## SPECIAL INSTRUCTIONS

- // Individual coverage benefits vary. You are responsible for checking with your insurance regarding your benefits and any required prior authorization.
- // Your test will be rescheduled if you do not have a driver 18 years or older available at drop off.

## **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 underwire bras
- // Do not bring valuables such as jewelry

## **WHAT TO EXPECT**

- // Approximate length of stay is 2-3 hours. Your driver may leave after drop off and will be instructed when to return. Remind them to bring a cell phone.
- // Please note, marijuana use the day of your procedure is prohibited and will result in your procedure being rescheduled.

## **QUESTIONS?**

Your questions are important to us. Please utilize our website for more information:  
**[www.iowaclinic.com/prep-instructions](http://www.iowaclinic.com/prep-instructions).**

You may also send us a message using your MyHealth portal or call 515.875.9115 with any questions or concerns.