



**BROWARD**  
— DIGESTIVE CARE —

## **TWO-DAY MIRALAX PREP**

### **General Guidelines for Your Colonoscopy**

#### **Purpose of the Procedure:**

A colonoscopy is an endoscopic examination of the large intestine. Your doctor may recommend this procedure for the following reasons:

- Changes in bowel habits
- Blood in your stool
- Unexplained anemia
- Colon cancer screening

#### **Before the Procedure:**

- You will receive a phone call by 6 PM the evening before the procedure with your arrival time.
- Arrival times are set to admit and prepare you for your procedure. It's crucial to arrive at the specified time. Please note: This unit treats both inpatients and outpatients, and emergencies may cause delays. Your patience is appreciated, and we will ensure you receive the best care possible. Be prepared to spend the day at the facility due to the unpredictable nature of procedure units.
- Do not bring valuables or wear jewelry on the day of your procedure, as there is no space to secure belongings.
- You will receive medication to help you sleep during the procedure, so it's essential to have someone accompany you to take you home. For your safety, you cannot drive or use public transportation alone for 24 hours following the procedure. Please make sure you have a responsible adult available to drive you to and from the appointment. Without confirmation of a post-procedure driver, we will be unable to proceed with the procedure.

#### **Supplies Needed:**

##### **Day 1:**

- Miralax 119 grams of powder (available over-the-counter)
- 32 ounces of clear liquid (any color except red or purple)



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### Day 2:

- 4 Docolax (Bisacodyl) 5mg tablets (over-the-counter)
- Miralax (Polyethylene Glycol) 238 grams (over-the-counter)
- 64 ounces of clear liquid (any color except red or purple)

### Five Days Before Your Procedure:

- Read all preparation instructions carefully.
- Contact your prescribing physician for guidance on blood thinners.
- Stop taking herbal, oil-based vitamins, and iron supplements.
- Discontinue fiber supplements such as Metamucil, Citrucel, Fibercon, Benefiber, and Konsyl.
- Stop medications that treat diarrhea, such as Imodium, Kaopectate, and Pepto-Bismol.
- Avoid taking vitamin E, multivitamins, or iron tablets unless otherwise instructed.
- Avoid salads, high-fiber foods, nuts, seeds, and popcorn.
- Avoid hard fruits and vegetables.

### Two Days Before the Procedure – Day 1 Supplies:

- **Do not eat any solid food.**
- Drink clear liquids only (not red or purple) for breakfast, lunch, and dinner. Acceptable clear liquids include:
  - Water (plain, carbonated, or flavored)
  - Fruit juices without pulp (e.g., apple or white grape juice)
  - Fruit-flavored beverages (e.g., fruit punch or lemonade)
  - Carbonated drinks, including dark sodas
  - Gelatin (not red or purple)
  - Tea or coffee without milk or cream
  - Sports drinks (no red or purple)



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- Clear, fat-free broth (bouillon or consommé)
- Honey or sugar
- Hard candy (e.g., lemon drops or peppermint rounds)
- Ice pops without milk, fruit bits, seeds, or nuts
- Drink at least 8 ounces of clear liquid every hour while awake.

### **Preparing Your First Dose of Miralax:**

- Mix 119 grams of Miralax powder with 32 ounces of clear liquid.
- Chill the mixture for better taste and keep it refrigerated when not in use.
- At 6 PM, two days before your procedure, start drinking half (16 ounces) of the Miralax solution. Drink 8 ounces every 15 minutes until the solution is finished.

### **The Day Before the Procedure – Day 2 Supplies:**

- **Do not eat any solid food.**
- Drink clear liquids only for breakfast, lunch, and dinner.

### **Preparing Your Second Dose of Miralax:**

- Mix 238 grams of Miralax powder with 64 ounces of clear liquid.
- Chill the mixture for better taste and keep it refrigerated when not in use.

### **If Your Arrival Time is Before 12 Noon:**

- At 4 PM the day before the procedure, start drinking the first half (32 ounces) of the solution. Drink 8 ounces every 15 minutes until the first half is finished.
- If you experience nausea or vomiting, stop for 20-30 minutes, then resume. Refrigerate the remaining solution.
- One hour after completing the first half of the Miralax mixture, take the 4 Docolax tablets with water.
- At 10 PM, start drinking the second half (32 ounces) of the Miralax mixture. Drink 8 ounces every 15 minutes until finished.
- If you experience nausea or vomiting, stop for 20-30 minutes, then resume. Refrigerate the remaining solution.



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### If Your Arrival Time is After 12 Noon:

- At 5 PM the day before the procedure, start drinking the first half (32 ounces) of the solution. Drink 8 ounces every 15 minutes until the first half is finished.
- If you experience nausea or vomiting, stop for 20-30 minutes, then resume. Refrigerate the remaining solution.
- One hour after completing the first half of the Miralax mixture, take the 4 Dulcolax tablets with water.
- At 6 AM the morning of your procedure, start drinking the second half (32 ounces) of the Miralax mixture. Drink 8 ounces every 15 minutes until finished.
- If you experience nausea or vomiting, stop for 20-30 minutes, then resume. Refrigerate the remaining solution.

**IMPORTANT:** Finish drinking the solution at least 4 hours before your arrival time.

You must complete the entire prep solution as directed to ensure your bowel is adequately cleaned, even if you are passing clear liquid.

### Day of the Procedure:

- No solid food or alcohol.
- Do not drink anything unless you are completing the Miralax prep.
- No gum or breath mints.

### Medications:

- **Do not eat or drink anything** except your necessary medications with a sip of water early in the morning.
- If you take medications for high blood pressure, seizures, thyroid, or prednisone, take them at least 2 hours before the procedure with a small sip of water.
- If you are diabetic:
  - Do not take your “sugar” pill on the day of the procedure.
  - Do not take regular insulin (R) on the day of the procedure.
  - For other insulin preparations, contact your prescribing physician for instructions.



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- If you are taking Coumadin (Warfarin), Plavix (clopidogrel), or other blood thinners, consult your prescribing physician for instructions on when to stop taking them.
- If you take aspirin daily, continue to take it.
- Inform your doctor of any allergies.

### **During the Colonoscopy:**

- An IV will be started to administer fluids, anesthesia, and other medications.
- Once you are asleep, the doctor will perform a digital rectal exam and insert the colonoscope.
- The colonoscope will pass through your rectum and colon to the cecum. A video camera on the colonoscope will project images on a monitor.
- Your colon will be filled with air or carbon dioxide (CO<sub>2</sub>) to improve visibility.
- A biopsy may be taken if needed, with samples sent to a laboratory for testing.

### **After the Procedure:**

- You will recover from anesthesia in the recovery area. Your doctor will discuss the procedure with you. Since anesthesia can affect memory, it is advisable to have a family member present during this conversation if desired.
- Do not drive, operate heavy machinery, or consume alcohol for 24 hours after the procedure. Rest is recommended after the procedure.
- Start with light foods, such as scrambled eggs, toast, or a sandwich, to ensure you do not become nauseous. Avoid fried or fatty foods and foods that cause gas, like beans or carbonated beverages.

### **Call Your Doctor Immediately If You Experience:**

- Severe or persistent abdominal pain
- Rectal bleeding that turns the toilet water red
- Fever over 101.5°F or chills
- Vomiting blood or material that looks like coffee grounds
- Severe dizziness, fainting, or chest pain



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### **Common Side Effects:**

- Nausea or vomiting
- Excessive gas, bloating, or cramping

**Note:** These symptoms should improve each day. If they become severe or persist longer than expected, contact your doctor.

### **Medications After Discharge:**

- You may resume your daily medications after the procedure. Consult your doctor before resuming any blood thinners.

### **Common Blood Thinners Include:**

- Rivaroxaban (Xarelto)
- Dabigatran (Pradaxa)
- Apixaban (Eliquis)
- Heparin
- Warfarin (Coumadin)
- Clopidogrel (Plavix)
- Aspirin (acetylsalicylic acid)
- Enoxaparin (Lovenox)
- Ticagrelor (Brilinta)

### **Follow-Up:**

- Contact your physician to schedule a follow-up appointment.



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