

MiraLAX Colonoscopy Prep

PREPARING FOR YOUR PROCEDURE

- You will be called two-three days before your scheduled procedure with an arrival time and instructions.
- Your preoperative exam must be completed within 30 days of procedure.
- You will need to pick up your colonoscopy prep from pharmacy.
- The General Surgery Coordinator will review medications and let you know which ones are okay to take before your colonoscopy.
- If new medications are prescribed at your pre-op appointment, please report to the General Surgery Coordinator.
- GLP-1 Agonists and Blood Thinners: Discuss holding recommendations with your provider at your preoperative appointment.
- Diabetes: Your primary care provider will instruct you on medicines or insulin.

ONE WEEK BEFORE

Medicine Instructions:

- One week before your procedure. Stop taking any multivitamins, oil capsules, fish oil, medicines with iron, or over-the-counter blood thinning pain relievers such as aspirin, excedrin, ibuprofen (advil), and naproxen (aleve). Unless otherwise instructed by your provider. You may continue to take Acetaminophen (tylenol).

TWO DAYS BEFORE

- Begin a low fiber diet per included diet instructions.
- Stop taking Fiber Supplements such as Citrucel, Metamucil, Benefiber, Fibercon, and others.
- Drink plenty of liquids throughout the day.
- Review colonoscopy prep instructions for the next day.
- Mix the MiraLAX from the pharmacy with 64-oz of Gatorade (no RED or PURPLE) and refrigerate.
- You must have a driver, or someone to accompany you on public transportation, as you will not be able to drive the rest of the day following your procedure.

THE DAY BEFORE COLONOSCOPY

- Throughout the day, drink only CLEAR liquids that are NOT color RED or Purple. See the attached diet sheet.
- Do not eat any solid food.
- At 3 p.m. take 4 bisacodyl (Dulcolax) tablets.
- Between 5 - 7 p.m., drink the 64-oz. MiraLAX/ Gatorade mixture.
- At 9 p.m. take 4 more bisacodyl (Dulcolax) tablets.
- After your prep is finished drink only clear fluids per list below.
- Do not eat or drink anything after midnight.

DAY OF YOUR COLONOSCOPY

- Do not eat, drink, smoke, use chewing tobacco, chew gum or eat hard candies after midnight.
- Medications taken the morning of procedure should be taken with a small sip of water.
- Wear loose-fitting, comfortable clothing.
- Bring insurance information.
- Leave unnecessary items at home. We will have a locked area for required belongings.
- There may be delays due to unplanned emergencies.

If you have questions, concerns or problems arise prior to your arrival, please call the General Surgery Coordinator:

Sara Nelson
(218) 631-5202



Clear liquids include the following if they are NOT colored RED or PURPLE:

- Water
- Gatorade
- Carbonated and non-carbonated soft drinks
- Popsicles
- Kool-Aid (or other fruit flavored drinks)
- Plain Jell-O
- Hard candy
- Broth (chicken or beef)
- Coffee or tea
- Strained fruit juices without pulp (apple, white grape, lemonade)

THINGS TO KNOW



An adult must accompany you. After your procedure, you will be observed until you are alert enough to leave with a friend or family member who can help you as you are discharged.



Arrange for transportation home. Someone will need to drive you home after your procedure. Or, if you plan to use public transportation, you must have an adult accompany you on the bus.



Where to park. Astera Health is located at 421 11th St. NW in Wadena. Please park in the Emergency parking lot and enter through the Emergency door.



If you are sick the day before your procedure. If you have a cold, fever, cough, runny nose, sore throat or vomiting the day before your procedure, please call **218-631-7581**. For your safety, we may need to reschedule your procedure.



Remember. Do not eat, drink, smoke, use chewing tobacco, chew gum or eat hard candies after midnight.



We're always here to help. If you have questions or concerns about your procedure, please call **218-631-5202**.