

## Bowel Preparation Instructions - MiraLAX

Any questions please call (631)-289-0300 ext. 224.

### 3 DAYS PRIOR to the PROCEDURE:

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- Do not eat foods high in fiber.
- Examples are whole grain breads and cereals, fruits, nuts, seeds, quinoa, popcorn, and cooked or raw vegetables.
- Do not take any fiber supplements.

### On the DAY BEFORE Your PROCEDURE:

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#### DIET

- Consume only clear liquids the entire day before
- Okay to consume one protein shake, before 11 am, but only from the following lists:
  - Protein powder mixed with water or milk
  - Pre-made Protein shake
  - AVOID FRUIT or VEGETABLE shakes.
- Clear beef or chicken broth
- Popsicles, except for red, purple or blue
- Coconut water (NOT coconut milk)
- Strained fruit juice such as apple or white grape juice
- Coffee and tea (without cream or dairy products)
- Gatorade
- Soft drinks
- Kool-Aid
- Jell-O
- Do not drink alcohol

At 11 AM: Begin Drinking ONLY clear liquids. NO MORE PROTEIN SHAKES

A clear liquid is one that can you see through.  
Examples of clear liquid are as follows:

#### PREP – Procedure 9am or later

**9am - Mix your laxative:** Mix MiraLAX® 8.3 oz (238 g) bottle with 64 oz of the clear liquid of your choice. Stir until completely dissolved. Refrigerate.

**6pm – 2 tablets of Senna**

**7pm – start 1st Dose of MiraLAX®:**

- Start drinking 8 oz of the MiraLAX® mixture every 15 minutes until half (32 oz) of the container is gone.
- *Drink plenty of clear liquids during and after bowel-prep process to help prevent dehydration*

### On the Morning/Day of your PROCEDURE

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**6am – start 2nd Dose of MiraLAX®:**

- Start drinking 2nd half (32 oz) of MiraLAX® mixture: drink 8 oz every 15 minutes until the container is empty.  
Be sure to finish drinking all of the laxative by 7am.
- If you take daily medication(s), you may do so up until 2 hours before your scheduled report time with small sips of water.
- If you take blood thinners, follow the instructions your health care provider gives you.
- Arrange for a ride home. You will be drowsy after the exam and will need an escort, 18 years or older. If taking a medical cab service, you will need an escort as well to take you home.

#### **The importance of a GOOD PREP**

Your prep is one of the most important parts of your colonoscopy. Without a good prep, your bowel empty and clean, your gastroenterologist will not be able to see your colon clearly. This could lead to missing a polyp/lesions or rescheduling your colonoscopy.