

Colonoscopy Bowel Preparation Instructions Miralax + Milk of Magnesia

Please read the instructions below at least 5 days prior to your scheduled procedure.

Important If the bowel is not clean when you arrive at the procedure unit, rather than giving you an incomplete and poor examination, your procedure may need to be rescheduled. If there are any significant changes to your medical history since scheduling your procedure, please notify the office before your procedure date.

Discuss medications and any health conditions you have with your doctor. Your doctor will provide instructions for appropriately adjusting your medications before your procedure.

Arrange for transportation. You must have an adult accompany you on the day of your procedure, even if you take a cab. The medical procedure staff must be able to contact whoever will accompany you. If this person cannot be confirmed before the procedure, your procedure will be rescheduled for your safety. An Uber/Lyft is not an acceptable form of transportation unless you have someone accompany you.

What to Expect

- You will develop significant diarrhea after drinking the preparation. Plan to be near a bathroom. This is normal as it means the medication is working to clear stool from your colon.
- Most people feel mild bloating and mild abdominal cramps. This is normal. Drinking the prep medication more slowly and over a longer period can help alleviate these symptoms.
- For a sore bottom, use plain or aloe baby wipes, Desitin, or A&D ointment.
- Drinking the prep at a colder temperature may help minimize any unpleasant taste of the prep. Do not add ice to the prep, place in refrigerator to keep cold.
- If you experience nausea or vomiting while drinking your prep, take a 15–30-minute break and then continue. If you still have vomiting and cannot tolerate a dose of the bowel prep, please notify your provider's office for further instructions.
- A successful colon prep will cause you to have clear yellow liquid stools.
- Please finish your preparation regardless of your stool color. If your prep is between 1–3 (see below) please call your procedure center for further instructions.



1
Very Dark
Unacceptable

2
Still Very Dark
Unacceptable

3
Dark, but
Lightening
Unacceptable

4
Noticeable
Lightening
Unacceptable,
but Close

5
Light Yellow
and Clear
Acceptable/Done

COLONOSCOPY PREP SUPPLIES TO BE BOUGHT OVER THE COUNTER

1. DULCOLAX (BISACODYL TABLETS)
2. MIRALAX (BOTTLE 238G POWDER)
3. GATORADE® (1 GALLON *****NO RED OR PURPLE*****)
4. MILK OF MAGNESIA

FIVE DAYS BEFORE THE PROCEDURE

IF YOU TAKE 81MG ASPIRIN, PLEASE CONTINUE TO DO SO UNLESS ADVISED OTHERWISE

- **STOP** any blood thinning medications. This includes but is not limited to: ASPIRIN 325MG, ALEVE, IBUPROFEN, PLAVIX, COUMADIN, MOBIC, ALKA-SELTZER, ETC.
- **START** taking TWO tablespoons of Milk of Magnesia at bedtime, EVERY night.

THE DAY BEFORE THE PROCEDURE

***** CLEAR LIQUID DIET (starting when you wake up this morning) *****

YOU MAY HAVE ITEMS SUCH AS POPSICLES, JELLO, JUICE, BROTH, ETC.

NOTHING RED OR PURPLE!!!

- **First thing in the AM:** MIX – Bottle of MiraLAX with gallon of Gatorade and chill
IF YOU ARE TAKING ANY DIABETIC MEDICATION YOU MAY TAKE THEM IN THE MORNING, BUT DO NOT TAKE ANY IN THE EVENING.
- **12PM (NOON):** Take FOUR Dulcolax (Bisacodyl) Pills
- **2PM** (Drink ½ of your MiraLAX Mixture) – Drink an Eight-ounce glass at a time over approximately 30 mins. You may drink faster or slower based on how you feel.
- **8PM** (Drink remaining ½ of your MiraLAX mixture) – Drink an Eight-ounce glass at a time over approximately 30 mins. YOU WILL NOTICE WITH EACH BOWEL MOVEMENT THAT YOUR STOOLS WILL BECOME LOOSER AND WILL BECOME CLEAR.
- **12AM (Midnight):** NOTHING by mouth

THE DAY OF THE PROCEDURE

- **DO NOT TAKE ANY DIABETIC MEDICATIONS THIS MORNING.**
- **NOTHING BY MOUTH:** with the exception of your Heart, Blood Pressure, antiseizure medications, and other medications as specified – with a **SIP** of water.
- WEAR COMFORTABLE CLOTHING
- YOU WILL BE RECEIVING SEDATION FOR YOUR PROCEDURE. State law requires you have a driver that is known to you after the procedure
- FOR THE REMAINDER OF THE DAY REST! NO RETURNING TO WORK, DRIVING, OR IMPORTANT DECISIONS FOR THE REMAINDER OF THE DAY. YOU MAY RETURN TO NORMAL ACTIVITIES THE DAY AFTER YOUR PROCEDURE OR AS DIRECTED BY YOUR DOCTOR.