



Colonoscopy with MiraLax® Preparation

You are scheduled to have a colonoscopy at Hennepin Healthcare on:

Date:

Please arrive at:

Clinic & Specialty Center

715 South 8th Street, Minneapolis, MN 55404

If you have any question or concerns, please call: **612-873-3636**.

Overview

Precautions to prevent cancellation of your procedure

- Your colon needs to be clean of any stool so we can see the lining of your colon. **Please note: your procedure will be cancelled if you are unable to complete the preparation needed to clean your colon. Your stools need to be clear prior to your procedure. (As an example, you should be able to see to the bottom of the toilet bowl after a bowel movement.)**
- **Another adult will need to bring you back home after the procedure.** As part of the procedure, you will receive medications to relax you and you cannot drive or leave the hospital on your own. **If you cannot provide someone to take you back home, your procedure will be cancelled.**

If we cannot reach you within 5 days, your procedure will be cancelled and you will need to reschedule.

Call your primary care provider if you take any diabetes medications or blood thinners

- Examples of these medications include: Insulin, Metformin, Coumadin, Warfarin, Plavix, Rivaroxaban, Dabigatran, Apixaban or Edoxaban.

Preparation for the Procedure

It is important that you follow the instructions below to prepare you for your colonoscopy.

Supplies you need to purchase for your colonoscopy preparation

- Vaseline, in case your bottom gets sore.
- Unscented wipes to clean your bottom, if needed.
- Clear liquids like Gatorade, chicken broth, tea, crystal light flavor packets to use in preparation for your procedure.
- Clear liquids are acceptable if you can see through the bottle when you hold it up to a light.)
- **REMEMBER: NO Red Liquids as this can look like blood when we perform your colonoscopy.**
- 8.3 oz. MiraLax® or generic - available over the counter.
- Dulcolax® Pills or generic - available over the counter.
- 10 oz. Magnesium Citrate or generic - available over the counter.
- 64 oz. Gatorade® (not red or purple). Seven days before the procedure
- Stop taking iron pills 7 days before the procedure. Three days prior to your procedure
- Start a low residue/low fiber diet for 3 days prior to your procedure. Examples of foods to avoid include: whole-grain breads and cereals, nuts, seeds, raw or dried fruits, vegetables, especially corn.

Seven days before your procedure

- **Stop taking iron pills 7 days before the procedure.**

Three days prior to your procedure

Start a **low residue/low fiber diet for 3 days prior to your procedure.**

AVOID these foods: Whole-grain breads and cereals, nuts, seeds, popcorn, raw or dried fruits, and vegetables, especially corn.



One day prior to your procedure

When you wake up, start a clear liquid diet and drink as much liquid as you can while taking the preparation (examples: pop, tea, apple juice, Kool-Aid, clear broth, water, Jell-O and popsicles). **Remember, the liquids should NOT be red.**

Acceptable clear liquids:

- Carbonated drinks
- Coffee and tea (without cream or non-dairy creamer)
- Kool-Aid or fruit drinks like Hi-C
- Plain Jell-O (any kind except red)
- Popsicles and ices (made without milk)
- Juice - lemon, grape, apple, cranberry, cranapple juice
- Bouillon, clear broth or strained broth
- Plain hard candy
- Gum (do not swallow it)



Liquids not allowed:

- Milk, milk drinks, non-dairy creamer
- Beer
- Alcohol
- Red Jell- O
- Orange juice, grapefruit juice, prune juice, tomato juice, apple cider
- Vegetable, meat, fatty, cream or noodle soups

You should not eat any food (breakfast, lunch or dinner) the day before your procedure. This includes any solids or non-clear liquids. (Milk and cream are NOT clear liquids.)

- **Noon**, take 10 mg. **Dulcolax pill**, or 2 (5mg.) pills.
- **Noon**, mix the entire bottle **MiraLax** with 64 oz. of Gatorade (not red or purple) and refrigerate it. It is better when chilled.
- **At 4 pm, drink the MiraLax/Gatorade preparation until gone, 1 glass (8 oz.) every 15 minutes.** You can drink it more slowly if you cannot tolerate it. Your stools will become watery, and you need to stay close to the toilet.



The day of your procedure

- **Four hours before your procedure time, drink the bottle of magnesium citrate. Make sure you are finished with the remaining preparation at least 2 hours prior to your scheduled procedure time.**
- **Do not eat or drink anything on the day of your procedure, except for the preparation, as stated above. You should be done with the preparation at least 2 hours prior to your scheduled time.**
- You can take your blood pressure medications or pain medications with small sips of water.
- Do not take any oral diabetes medications or short acting insulin. If you take long acting insulin, take a half of your regular dose.

After your Procedure

You were given medicine for pain or sedation. This medicine may cause you to:

- Be sleepy
- Not think clearly
- Feel less coordinated

For 6-8 hours after receiving the medicine:

- Have an adult stay with you, remain at home and rest during this time.
- Be careful when you bathe, shower, cook, or use electrical devices such as a curling iron. You may be unsteady or feel weak, and could easily get injured.
- If you feel hungry, start with light foods such as cereal or toast, or liquids like juice and water. Heavy meals or spicy food may make you feel nauseated.

For 24 hours after receiving the medicine:

- Do not drink alcohol
- Do not drive or operate any heavy equipment.
- Do not make any important decisions.

If you have any questions or concerns, please call us at 612-873-3636. If this is after hours, please call the hospital operator at 612-873-3000 and ask to page the GI nurse on call.