

Colonoscopy Prep Instructions: MIRALAX 2 DAY



FOLLOW THESE INSTRUCTIONS EXACTLY. DISREGARD INSTRUCTIONS ON THE MED BOX.

If questions, call the office: (978) 459-6737, option 5.

1 WEEK BEFORE

- Find an adult to drive you home after your colonoscopy. Taxis or ride shares (Uber, Lyft, etc.) are not allowed unless accompanied by a responsible adult.
- Buy your magnesium citrate: one 10 oz bottle of lemon/lime flavor. If magnesium citrate is not available, buy 1 box of dulcolax pills.
- Buy your MIRALAX: one 238 gram bottle and one 119 gram bottle, over the counter. Optional: buy three 32oz bottles of Powerade/Gatorade (no red, purple, orange).
- Check your medications. If you are taking blood thinners (Eliquis, Plavix, Effient, Xarelto, Brilinta, Coumadin) or diabetes/weight loss meds (Trulicity, Ozempic, Wegovy, Mounjaro, Saxenda, Rybelsus, Zepbound, semaglutide, phentermine), check the appointment page to see whether they need to be stopped. **If questions, call 978-459-6737, option 5.**
- Minimize fiber intake for 3 days before your colonoscopy. Limit high-fiber foods such as whole grain breads and cereals, nuts, seeds, raw or dried fruits, and vegetables.

2 DAYS BEFORE MORNING

- Do not eat any food from the time you wake up. You can only drink clear (see-through) liquids. No red, purple, or orange colors. See the FAQ on the back for examples.

5 P.M.

- Drink the bottle of magnesium citrate (or 4 dulcolax pills) and three 8 oz water glasses.

1 DAY BEFORE MORNING

- Do not eat any food from the time you wake up. You can only drink clear (see-through) liquids. No red, purple, or orange colors. See the FAQ on the back for examples.

5 P.M.

- Start your colon prep: Mix the 238 gram bottle of MIRALAX in 64 oz of water or Powerade/Gatorade (no red, purple or orange). Drink 8 oz (1 cup) every 15-20 minutes until finished.

11 P.M.

- Do not drink anything after 11 P.M. except the colonoscopy prep. No gum or candy. You cannot use marijuana of any kind after 11 P.M.

THE DAY OF 3 A.M.

- Do not eat any food from the time you wake up. Drink the second part of your colon prep: Mix the 119 gram bottle of MIRALAX in 32 oz of water or Powerade/Gatorade (no red, purple or orange). Drink 8 oz (1 cup) every 15-20 minutes until finished.

5 A.M.

- You should be done with your prep. **Do not drink anything after 5 A.M.**

7 A.M.

- If your stool is not clear (see-through, like yellow water), call your endoscopy location immediately for further instructions. See below for phone number.
- If you are on insulin for diabetes, take 1/2 your normal morning dose. Take your other medications as usual unless instructed to stop (see appointment page).
- Be available by phone all day in case we need to reach you regarding your procedure.

ENDOSCOPY LOCATIONS

Lawrence General Hospital - 4th Floor
1 General St, Lawrence, MA
(978) 683-4000, ext. 2630

Lowell General Hospital Main - 2nd Floor
295 Varnum Ave, Lowell, MA
(978) 937-6049

Northeast Endoscopy Center - 1st Floor
59 Lowes Way, Lowell, MA
(978) 513-8755

Colonoscopy Prep Frequently Asked Questions



PREP QUESTIONS

What can I eat or drink? 3 days before your procedure, stop eating fiber. Examples of fiber: seeds, nuts, vegetables, raw fruits, whole grains

On the day before your procedure, you can only drink clear liquids. No food.

On the day of your procedure, you can only have your prep. No gum or candy. No water for 2 hours before your procedure or it will be cancelled.

| Clear liquids - OK TO DRINK | NOT clear liquids - NOT OK |
|--|----------------------------------|
| Black coffee or tea | Coffee with milk or cream |
| Water | Alcohol |
| Clear juice (apple, white grape, white cranberry) | Juice with pulp (orange juice) |
| Clear soda (ginger ale, Sprite) | Milk |
| Jello, popsicles, Italian ice (no orange, red, purple) | Orange, red, purple foods/drinks |
| Clear broth | Rice, noodles |
| Gatorade, Powerade (no orange, red, purple) | Solid foods |

Will I starve without food? Medically, it is safe to go 1-2 days without food. You can drink clear liquids (NO orange, red, purple). If you have diabetes, we will schedule you for the morning to minimize fasting. See the appointment page for how to adjust your diabetes medications.

What if I feel sick while preparing? It is normal to feel nauseated and have diarrhea with your preparation. If you are feeling nauseated or vomit, take a 15-30 minute break and then slowly resume the prep. Drink it more slowly than before. Drink all the water as directed.

What if I can't start the prep at 5PM? Preps must be started between 5-7PM. The second dose must be taken at 3AM as directed.

What should my stool look like? Your stool should be clear (see through) liquid, like yellow water or urine. If your stool is not clear by 7AM the day of your procedure, call your endoscopy location immediately at 7AM.

MEDICATION QUESTIONS

What if I take blood thinners? 1 week before your procedure, check the appointment page to see if your blood thinner needs to be stopped. Examples of blood thinners include: apixaban/Eliquis, clopidogrel/Plavix, dabigatran/Pradaxa, prasugrel/Effient, rivaroxaban/Xarelto, ticagrelor/Brinta, and warfarin/Coumadin. If you are not sure, contact the office at **978-459-6737, option 5.**

What if I have diabetes? If you are on insulin, on the day of your procedure, take only 1/2 the dose of insulin. If you take other medications, check the appointment page to see if they need to be stopped. If you feel like your blood sugar is low while preparing, drink apple juice.

What if I take weight loss medications? 1 week before your procedure, check the appointment page to see if your medication needs to be stopped. Examples of weight loss medications that may need stopping include: Trulicity, Ozempic, Wegovy, Mounjaro, Saxenda, Rybelsus, Zepbound, semaglutide and phentermine. If you are not sure, contact the office at **978-459-6737, option 5.**

What about my other meds? Take your other medications as usual. You don't need to stop unless directed on your appointment page.

PROCEDURE QUESTIONS

Who can pick me up from my procedure? Driving after anesthesia is considered driving under the influence. If you don't have a ride, your procedure will be cancelled. An adult must pick you up after your procedure. No taxis, ride shares (Uber, Lyft), or public transportation unless you are accompanied by a responsible adult. The nurse will notify your ride when you should be picked up.

How long will my procedure take? About 1-3 hours, but may be longer. If the procedure is longer than expected, your ride will be notified.

Can I use marijuana? No, you cannot use marijuana of any kind after 11 P.M. the night before your procedure.

Do I need to remove my mouth piercings? Yes, please remove all mouth piercings prior to coming for your procedure.