



Idaho Endoscopy Center

MIRALAX PROCEDURE PREPARATION

Low Residue

A colonoscopy is the most accurate examination to detect colon cancer, polyps, and identify other possible conditions that may be causing pain or discomfort. To ensure the best possible colonoscopy results, it is imperative to have a clean colon, free of retained brown stool. **By the end of your bowel prep, stool should be a clear or yellow liquid, and you should be able to see the bottom of your toilet bowl.** Please follow the instructions below carefully. Inadequate bowel prep may result in your procedure being rescheduled.

7 DAYS PRIOR TO YOUR PROCEDURE

Pick up the following from your **Pharmacy**:

- Two (2) 4 mg Zofran (Ondansetron) tablets

Purchase **ALL** of the following non-prescription/over the counter bowel prep items:

- Two (2) 5 mg Dulcolax® (bisacodyl) laxative tablets. **NOT** Dulcolax® stool softener
- Two (2) 125 mg Gas-X (Simethicone) tablets, chews or softgels
- One (1) 238 gram bottle of MiraLAX (SmoothLAX, ClearLAX or generic equivalent)
- One (1) 119 gram bottle of MiraLAX (SmoothLAX, ClearLAX or generic equivalent)
- 96oz of a sports drink (Gatorade, Powerade, Propel, Pedialyte): NO RED OR PURPLE LIQUIDS

Please ensure that you arrange for medical transport or a responsible adult driver to accompany you on the day of your procedure. For your safety, you will **NOT** be allowed to drive, operate machinery, or return to work until the following day. Your driver should remain on-site for the full duration of your visit, which typically lasts about two hours from check-in to discharge. Ride-share services such as Uber, Lyft, or taxis are **NOT** permitted.

3 DAYS PRIOR TO YOUR PROCEDURE

✓ **STOP all over-the-counter supplements:**

- Iron, multi-vitamins and fiber supplements such as Metamucil, Citrucel, and Benefiber

✓ **CONTINUE to take:**

- Regular prescription medications unless instructed to stop by our office or another provider

✓ **BEGIN a low fiber diet:**

- Acceptable foods include (but are not limited to): White bread, white rice, pasta, crackers, fish, chicken, eggs, ground beef, creamy peanut butter, cooked/boiled vegetables, canned fruit, bananas, melons, milk, plain yogurt, cheese, salad dressing and other condiments

✓ **STOP consuming:**

- Seeds, nuts, popcorn, bran, whole wheat, corn, quinoa, raw fruits and vegetables, berries and dried fruit, beans, lentils, and red or purple liquids

Due to your medical history and bowel habits, you qualify for a low residue diet the day prior to your exam.

**** Do not deviate from the foods or quantities outlined, if you cannot or prefer not to eat these foods, please stay on a clear liquid diet****

1 DAY PRIOR TO YOUR PROCEDURE

- ✓ **HYDRATE**
 - Drink at least 64oz of water before starting your bowel preparation, as it may cause dehydration
 - May consume as many clear liquids as desired. Examples include: water, chicken broth, apple or white grape juice, sport drinks, popsicles, Jell-O, coffee and tea (no cream), and soft drinks
- ✓ **BREAKFAST**
 - Two(2) slices of white toast (no whole wheat or seeds) with/without butter and/or honey
 - Two(2) hard boiled eggs
 - One(1) Banana
- ✓ **LUNCH**
 - One(1) cup plain yogurt with/without honey
 - One(1) banana
 - One(1) cup of applesauce
- *The anti-nausea (Zofran) prescription sent to your pharmacy can be taken as needed to reduce nausea while consuming the preparation below.**
- ✓ **BEGIN 1st HALF OF BOWEL PREPARATION:**
 - **3:00 PM**
 - Take two (2) 5 mg Dulcolax® (bisacodyl) tablets
 - **5:00 PM**
 - Mix 238 gram bottle of MiraLAX in 64oz of the sports drink of your choice
 - Drink one (1) 8oz glass of solution every 10-15 minutes until all 64oz is gone
 - You should complete consumption of 64oz solution within 2-3 hours
 - Continue to hydrate and drink clear liquids
- ✓ **DINNER**
 - One(1) cup apple sauce
 - One(1) cup plain yogurt with/without honey

DAY OF YOUR PROCEDURE

- ✓ **DO NOT USE OR CONSUME:**
 - Creamer, antacids (Maalox, Pepto Bismol, Mylanta, etc.), recreational drugs, or alcohol
- ✓ **OPTIONAL:** You may continue to drink clear liquids up to 2 hours before your procedure
 - Examples include: water, chicken broth, apple or white grape juice, sport drinks, popsicles, Jell-O, coffee and tea (no cream), and soft drinks

✓ **BEGIN 2nd HALF OF BOWEL PREPARATION:**

- **4 hours** before procedure:
 - Take two (2) 125 mg Gas-X (Simethicone) tablets, chews or softgels
 - Mix 119 grams of MiraLAX with remaining 32oz of sports drink
 - Drink one (1) 8oz glass of solution every 5-10 minutes until all 32oz is gone
 - You must consume entire 32oz solution within 2 hours
- At least **3 hours** before procedure:
 - Take your regularly scheduled medications unless instructed to stop during procedure education phone call
- **2 hours** before procedure:
 - **DO NOT DRINK ANY LIQUIDS OR CONSUME ANYTHING BY MOUTH** due to risk of aspiration. Failure to comply will result in your procedure being delayed or cancelled!

*****Your stool should be a clear or yellow liquid at this point*****

PREPARING FOR ARRIVAL

- ✓ Please complete the electronic intake paperwork that was sent to you via text/email. Accommodations/assistance will be available upon request.
- ✓ Leave your valuables (including watches, jewelry, and personal effects) at home. We will not be responsible for these items.
- ✓ Please bring your photo ID, insurance card, and an updated list of medications.
- ✓ Do not bring children, as we are unable to provide accommodations for their care and comfort.

MEDICATION ADJUSTMENTS

- ✓ **For Diabetic Patients:**
 - Remember to check your blood sugars frequently the day before and day of your procedure
- ✓ **For Patients on Blood Thinners:**
 - If you're taking blood thinners like Warfarin, Plavix, Eliquis, or Xarelto, make sure to follow the specific instructions our office has given you
- ✓ **For Patients Taking GLP-1 Medications:**
 - Examples include Ozempic, Wegovy, Zepbound, Trulicity, Bydureon, Byetta, Saxenda, Victoza, Adlyxin, and Rybelsus
 - **If you take your GLP-1 medication daily:** Do not take it on the day of your procedure.
 - **If you take your GLP-1 medication weekly:** Do not take it for 7 days before the procedure.

Need More Help?

- If you have any questions about these instructions, please call our office during regular business hours 8:00AM–5:00PM Monday through Friday at 208-489-1887.
- If you need to call after 5:00PM, please use 208-489-1900.

Frequently Asked Questions (FAQs)

For answers to frequently asked questions, visit our website: www.digestivehealthclinic.com