

IU Health Gastroenterology Procedure Prep Instructions: MiraLAX - Constipation

Please follow these directions carefully:

<p>Twelve (12) days Before your appointment</p>	<ul style="list-style-type: none"> ▪ Ensure that you have an adult, 18 years or older, to bring you home. You may not use a taxi, medical cab or rideshare service unless you have someone to accompany you. ▪ Pick up your MiraLAX over the counter, do not follow the instructions on the bottle. You will need 4 bottles of MiraLAX powder (generic polyethylene glycol) 8.3oz/238 grams. ▪ DO NOT USE ANY GAS-X OR SIMETHICONE IN ANY FORM DURING YOUR BOWEL PREP. ▪ You will need 4 bottles of Gatorade or electrolyte replacement drink each 28-32 ounces. NO RED/PURPLE. ▪ If you are diabetic, you will need 4 bottles of zero sugar Gatorade, or zero sugar electrolyte drink each 28-32 ounces. NO RED/PURPLE. ▪ You must complete your entire prep according to the instructions, even if you think your bowels are clear. ▪ Check your medications. If you are taking a blood thinner, please call 812-355-6931, option #2, for directions on holding the medication before your procedure. If you have not received these instructions 7 days before the procedure, call 812-355-6931, option #2. ▪ If you have had a heart stent placed within the last twelve (12) months, please call 812-355-6931, option #2. ▪ If you are diabetic (taking insulin or pills): <ul style="list-style-type: none"> ▪ Please follow the instructions below for adjusting doses of your diabetic medications. ▪ If your blood sugar is above 350 the morning of your procedure, please call the Charge Nurse at the facility where you are scheduled for further instructions. ▪ BEC: 812-322-3897; IUH Bloomington Hospital: 812-918-3484. ▪ Our physicians reserve the right to cancel your procedure for your safety.
<p>Eight (8) days before your appointment</p>	<ul style="list-style-type: none"> ▪ Begin your low fiber diet. Low fiber diet options and suggestions can be reviewed on page 3. ▪ Stop fiber supplements. (Metamucil, Citrucel, FiberCon, etc.) ▪ Stop any GLP-1/weight loss medications or supplements.
<p>Five (5) days before your appointment</p>	<ul style="list-style-type: none"> ▪ Stop anti-inflammatory medications. (Motrin, Advil, Ibuprofen, Aleve, Naproxen, Mobic, Meloxicam, etc.) ▪ Stop iron ▪ Stop Vitamin & Herbal Medications. (CBD, Hemp oil, etc.)
<p>Two (2) days before your appointment</p>	<p>Do not eat any solid food today. You can only drink clear liquids. Please avoid any red or purple liquids. See page 4 for examples.</p> <ul style="list-style-type: none"> ▪ Drink 1- 8oz glass of water or clear liquids hourly while awake. ▪ If you take oral diabetic medications by mouth, take all doses normally according to your usual schedule. ▪ If you take insulin, take all doses normally according to your usual schedule. <p>5PM:</p> <ul style="list-style-type: none"> ▪ Mix ENTIRE BOTTLE of MiraLAX 8.3oz/238grams with 28-32 ounces of Gatorade/electrolyte drink. If you are diabetic, please use Gatorade Zero/electrolyte drink with zero sugar instead of regular Gatorade. ▪ Drink 8 ounces of the MiraLAX mixture every 15-20 minutes until gone. ▪ If you experience nausea or vomiting, take a 15-minute break, and then continue.

<p>One (1) day before your appointment</p>	<p>Do not eat any food today. You can only drink clear liquids. Please avoid any red or purple liquids. See page 4 for examples.</p> <ul style="list-style-type: none"> ▪ Drink 1- 8oz glass of water or clear liquids hourly while awake. ▪ If you take oral diabetic medications by mouth, take all doses normally according to your usual schedule. ▪ If you take insulin, take your usual dose in the morning. Take only ½ of your normal dose the night before your procedure. <p>5PM:</p> <ul style="list-style-type: none"> ▪ Mix ENTIRE BOTTLE of MiraLAX 8.3oz/238grams with 28-32 ounces of Gatorade/electrolyte drink. If you are diabetic, please use Gatorade Zero/electrolyte drink with zero sugar instead of regular Gatorade. ▪ Drink 8 ounces of the MiraLAX mixture every 15-20 minutes until gone. ▪ If you experience nausea or vomiting, take a 15-minute break, and then continue. <p>9PM:</p> <ul style="list-style-type: none"> ▪ Mix ENTIRE BOTTLE of MiraLAX 8.3oz/238grams with 28-32 ounces of Gatorade/electrolyte drink. If you are diabetic, please use Gatorade Zero/electrolyte drink with zero sugar instead of regular Gatorade. ▪ Drink 8 ounces of the MiraLAX mixture every 15-20 minutes until gone. ▪ If you experience nausea or vomiting, take a 15-minute break, and then continue.
<p>Day of your appointment: Do not eat any Solid food today. You can only drink clear liquids. Please avoid red or purple liquids.</p>	
<p>Day of your procedure:</p>	<ul style="list-style-type: none"> ▪ If you take oral diabetic medications by mouth, do NOT take these the morning of your procedure. ▪ If you take insulin, do NOT take any insulin the morning of your procedure.
<p>Five (5) hours prior to your arrival:</p>	<ul style="list-style-type: none"> ▪ Mix ENTIRE BOTTLE of MiraLAX 8.3oz/238grams with 28-32 ounces of Gatorade/electrolyte drink. If you are diabetic, please use Gatorade Zero/electrolyte drink with zero sugar instead of regular Gatorade. ▪ Drink 8 ounces of the MiraLAX mixture every 15-20 minutes until gone. ▪ If you experience nausea or vomiting, take a 15-minute break, and then continue.
<p>Three (3) hours before your appointment</p>	<ul style="list-style-type: none"> ▪ Do not consume anything by mouth 3 hours before your procedure. This includes food, liquids, cough drops, chewing gum, tobacco, marijuana, use of e-cigarettes and chewing tobacco.
<p>Two (2) hours prior to arrival</p>	<ul style="list-style-type: none"> ▪ Take your morning medications by mouth with a sip of water. ▪ If your bowel movements are NOT clear yellow, call the Charge Nurse at the facility where you are scheduled for further instructions. ▪ Bloomington Endoscopy Center: 812-322-3897 ▪ IU Health Bloomington Hospital: 812-918-3484

- **Please read the following medication Instructions:**
 - Aspirin – If you are taking aspirin, you may continue to take it.
 - You may take your usual heart or blood pressure pills up until the time of your procedure.
 - Do **NOT** take any **SLEEPING MEDICATION**, including melatonin after midnight the night before your procedure, for safety reasons.
 - Do **NOT** take any **PAIN MEDICATION** 4 hours prior to procedure. If holding these medications is a concern, please discuss it with the nurse when you receive your PreOp call 7-14 days prior to your test or call 812-355-6931, option #2.
- **Bring a List of your Medications, Advance Healthcare Directives and a Photo ID along with your Insurance Cards.**
- **Plan to be in the facility for approximately 2-3 hours, on the day of your procedure.**
- **Limit visitors to 2; Small children should not be brought to the facility.**
- **Leave all jewelry and valuables at home.**
- **If your procedure is scheduled with anesthesia at IU Health Bloomington Hospital, you must have a Pre-Op call with Pre-Anesthesia Testing (PAT.) You should have been given a date and time for this call when your procedure was scheduled.**

Frequently asked questions:

1. What is a low fiber diet?

Low fiber diet – Okay to eat	NOT low fiber diet – NOT okay to eat
<ul style="list-style-type: none"> ▪ Enriched white bread or rolls without seeds, bagels, English muffins ▪ White rice, plain white pasta, noodles, macaroni ▪ Refined cereals such as Cream of Wheat ▪ Plain cereals such as Corn Flakes, Rice Krispies or Cheerios ▪ Pancakes or waffles made from white refined flour ▪ Most canned or well-cooked fruits and vegetables without seeds, hulls, or skins ▪ Fruit and vegetable juice without pulp ▪ Fruit flavored drinks, flavored water, tea, coffee ▪ Tender meat: poultry, fish, ham ▪ plain lunch meat, Eggs, cheese ▪ Creamy peanut butter ▪ Milk and milk products (limit to two 8 oz. srvgs/day) ▪ Desserts with no whole grains, seeds, nuts, raisins, or coconut ▪ Plain ice cream ▪ Sherbet, cookies, cake, or pudding 	<ul style="list-style-type: none"> ▪ Peas, Lentils ▪ Raw fruits and vegetables ▪ Fruits and vegetables with skin ▪ Beans ▪ Seeds ▪ Whole wheat and whole grain breads, cereal and pasta ▪ Dried fruits ▪ Popcorn ▪ Nuts ▪ Corn

2. What is a clear liquid?

Clear liquid – Okay to drink	NOT clear liquid – NOT okay to drink
<ul style="list-style-type: none">▪ Water▪ Black coffee or tea (Sugar/sweetener is ok, no cream or milk)▪ Clear juice (apple, white grape, white cranberry)▪ Soda (Brown and light-colored sodas are both allowed)▪ Jello, popsicles, Italian ice (no red or purple)▪ Gatorade, Powerade (no red or purple)▪ Clear broth	<ul style="list-style-type: none">▪ Coffee with milk or cream▪ Alcohol▪ Juice and popsicles with fruit pulp▪ Milk or any dairy products▪ Red or purple foods or drinks▪ Rice, noodles▪ Solid foods

3. I feel like I am going to throw up, what should I do?

This is not uncommon. First, take a break from drinking the prep and clear liquids for about 15 minutes. Then restart drinking the prep and fluids at a much slower pace. Drink a few sips every 15 to 20 minutes and try to finish the prep slowly. Using a straw and cooling/chilling the prep liquid in a refrigerator helps. If you are prone to nausea and vomiting, or if you have had trouble with nausea and vomiting during a previous preparation, ask your primary care physician for a prescription for Zofran prior to starting the preparation.

4. I have vomited a large amount of prep, and my stools are not clear yet.

If you have any prep left to drink, follow the directions as given in question number 3. If you have already finished your prep and then vomited, we recommend continuing drinking clear liquids at a slow pace. If stools are still not clear, please call the Charge Nurse for the facility where you are scheduled, for further instructions.

BEC: 812-322-3897; IUH Bloomington Hospital: 812-918-3484

5. I have stomach cramps.

This happens frequently with prep. Make sure you drink plenty of clear liquids to stay hydrated. Drinking the prep at a slower rate will also help.

6. I feel weak and feel like I am going to pass out.

This can be due to dehydration. First, take a break from drinking the prep for about 1 to 2 hours. Lay down with your feet elevated with a few pillows. Make sure you drink plenty of clear liquids. Pedialyte is an electrolyte solution available over the counter that will help replenish electrolytes and salt in your body.

7. I have finished my first half of prep and have not started moving my bowels.

You may have a slow response to prep. Some people start moving their bowels during the second half of the prep. If stools are still not clear yellow, please call the Charge Nurse for the facility where you are scheduled, for further instructions. BEC: 812-322-3897; IUH Bloomington Hospital: 812-918-3484

8. I have finished all my prep, and my stools are not clear yellow.

If stools are still not clear yellow, please call the Charge Nurse for the facility where you are scheduled, for further instructions. BEC: 812-322-3897; IUH Bloomington Hospital: 812-918-3484

9. I need to cancel or reschedule my procedure or my PAT call. Who should I call?

Call 812-355-6931, option #1, to speak with an Endoscopy Scheduler.

