

Gastroenterology procedure prep instructions: MiraLAX

Please follow these directions carefully. Disregard the instructions included with your prescription.

<p>One week before your appointment</p>	<ul style="list-style-type: none"> <input type="checkbox"/> 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. <input type="checkbox"/> Pick up your 238gm bottle of MiraLAX over-the-counter from any store, do not follow the instructions included with the box. <input type="checkbox"/> Pick up six 125 mg gel capsules of Simethicone (Gas X) at your pharmacy (purchased over the counter) and two 5mg tablets of Dulcolax. You will also need one 10 oz bottle of Magnesium Citrate. <input type="checkbox"/> Check your medications. If you are taking a blood thinner, please contact our office at 765.349.6942; option 2. You may need to leave a message
<p>Five days before your appointment</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Begin your low fiber diet. Low fiber diet options and suggestions can be reviewed on page 3.
<p>One 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 3 for examples.</p> <p>4 pm <input type="checkbox"/> Mix ENTIRE BOTTLE of MiraLAX with 64 oz. of Propel/G2 (or another electrolyte drink) and chill in the refrigerator. <input type="checkbox"/> Take 2 Dulcolax 5mg tablets with a glass of water (for a total of 10mg)</p> <p>5 pm <input type="checkbox"/> Drink Entire Bottle of Magnesium Citrate (10oz)</p> <p>6 pm <input type="checkbox"/> Begin drinking half (1/2) of the solution. Drink 8 oz of the solution every 10-15 minutes until HALF of the mixture is taken. <input type="checkbox"/> If you experience nausea or vomiting, take a 15-minute break, and then continue. <input type="checkbox"/> Continue drinking clear liquids until midnight.</p> <p>11 pm <input type="checkbox"/> Begin drinking the remaining half (1/2) of the chilled solution. Drink 8 oz of the solution every 10-15 minutes until gone. This may require you to get up during the night. Please do not alter the time. <input type="checkbox"/> Take three 125mg gel capsules of Simethicone (Gas-X) totaling 375mg.</p> <p>One Hour after completing the prep: Take three 125mg tablets gel capsules of Simethicone (Gas-X) totaling 375mg with 8 oz of clear liquids</p>
<p>Day of your appointment Do not consume any other food or drink other than what is required for your prep today.</p>	
<p>Three hours before your appointment</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Do not consume anything by mouth. This includes food, liquids, tobacco, marijuana, use of e-cigarettes or chewing tobacco the day of the procedure.



Indiana University Health

Please read the following list of medication restrictions

If you do not see your medication listed below, please contact your prescribing physician.

- If you have had a **heart stent** placed within the last twelve (12) months, please call: 765.349.6942, option 2.
- If you are on **any type of blood thinner** (Plavix, Eliquis, and Xarelto are some of the most common), you will need special instructions to adjust the dose before your procedure. If you have not already received these instructions, call our office at 765.349.6942; option 2.
- 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.
- **Joint replacement (in the past six months), Vascular graft (in the past year)** - You may need antibiotics before your procedure. Please contact the physician who performed the joint replacement or vascular graft to determine if this is required.
- If you are **diabetic** (taking insulin or pills), you will need to contact the physician who manages those medications. They may need to adjust the dosing while you are prepping and on the day of your exam. If your blood sugar is above 350 the morning of your procedure, please call the facility that you are scheduled with to speak with a nurse. Our physicians reserve the right to cancel your procedure for your safety.
- **Seven (7) days prior - STOP** any GLP1/weight loss medications or supplements. If you are taking any weight loss medications or supplements (Phentermine, Adipex P, Lomaira, Ozempic, Wegovy, Mounjaro, etc.), stop taking these seven days prior.
- **Five (5) days prior - STOP** all herbal, vitamins, oral iron supplements, chia, or flax seed/Omega 3 fish oil supplements.
- **Discontinue a high-fiber diet or bran supplement (Metamucil, Citrucel) five (5) days before the examination.**
- **Discontinue Questran (a bile salt binder) five (5) days before the examination.**
- **Two (2) days prior - STOP** anti-inflammatory medications (Motrin, Advil, Ibuprofen, Aleve, Naproxen, Mobic, Meloxicam, etc.)
- **Stop any CBD or hemp oil 24 hours before the procedure.**
- Do **NOT** take any **SLEEPING MEDICATION**, including melatonin after midnight the night before your procedure. If holding these medications is a concern, please discuss with the pre-op nurse when you are called.
- Do **NOT** take any **PAIN MEDICATION** 4 hours prior to procedure. If holding these medications is a concern, please discuss with the pre-op nurse when you are called.

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 and flavored water, tea, coffee ▪ Tender meat: poultry, fish, ham, plain lunch meat ▪ Eggs, cheese ▪ Creamy peanut butter ▪ All milk and milk products (limit to two 8 oz. servings a day) ▪ Desserts with no whole grains, seeds, nuts, raisins or coconut, such as plain ice cream ▪ Sherbet, cookies, cake or pudding 	<ul style="list-style-type: none"> ▪ Peas ▪ Lentils ▪ Raw fruits and vegetables ▪ Fruits or vegetables with skin ▪ Beans ▪ Seeds ▪ Whole wheat and whole grain breads, cereal or pasta ▪ Dried fruits ▪ Popcorn

2. What is a clear liquid?

Clear liquid - Okay to drink	NOT clear liquid - NOT okay to drink
<ul style="list-style-type: none">▪ Black coffee or tea▪ Water▪ Clear juice (apple, white grape, white cranberry)▪ Clear soda (ginger ale, sprite)▪ Jello, popsicles, Italian ice (no red or purple)▪ Clear broth▪ Gatorade, Powerade (no red or purple)	<ul style="list-style-type: none">▪ Coffee with milk or cream▪ Alcohol▪ Juice with pulp▪ Milk▪ Red or purple foods/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 have had trouble with nausea and vomiting during a previous preparation, ask your primary care physician for a prescription of 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 1. If you have already finished your prep and then vomited, we recommend continuing drinking clear liquids at a slow pace. If the stools are still not clear, please contact our office at 765.349.6942; option 2 to speak with a nurse.

5. I have stomach cramps.

This happens frequently with prep. Make sure you are drinking 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 are drinking plenty of clear liquids. Pedialyte is an electrolyte solution available over the counter that will help replenish electrolytes and salts 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, please contact our office at 765.349.6942; option 2 to speak with a nurse.

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

If stool is still not clear, please contact our office at 765.349.6942; option 2 to speak with a nurse.

