

# MiraLAX® Instructions

Your doctor has prescribed MiraLAX Bowel Prep Kit for your upcoming procedure. You may be feeling a little anxious, but don't worry, this instruction sheet will guide you through every step.

Access video instructions on our website.



## Seven Days Before Your Procedure

- Discontinue oral and injectable GLP-1 agonists and phentermine medications.
- Discontinue iron supplements, multivitamins with iron and high doses of fish oil.
- Purchase your clear liquid diet items. For comfort, purchase diaper rash ointment, your preferred two-or-three-ply toilet paper, and/or flushable wet wipes.

**Special Note:** If you are on Coumadin® (warfarin), Plavix® (clopidogrel), XARELTO® (rivaroxaban), Eliquis® (apixaban), or other blood thinning medication, follow the instructions provided by your prescribing provider regarding if/when they should be discontinued before your procedure. If you are unsure, call your prescribing provider.

### Clear Liquid Diet Guidelines

For a successful bowel cleansing prep, it is essential that you purchase clear liquid items as indicated.

#### Allowed Items

- ✓ Water
- ✓ Clear broths
- ✓ Coffee / tea without milk or creamers
- ✓ Clear juices (without pulp)
- ✓ Gatorade®
- ✓ Jell-O®
- ✓ Pulp-free Popsicles®

#### Items to Avoid

- ✗ Dairy
- ✗ Red or purple juices
- ✗ Anything with pulp
- ✗ Alcohol

## Three Days Before Your Procedure

Stop eating raw vegetables or vegetables containing seeds, corn, popcorn, nuts, and seeds. In addition, stop taking any fiber supplements until after the procedure.

## Two Days Before Your Procedure

Continue a low fiber diet and remember to avoid foods with nuts and seeds.

### For Patients with Constipation

Please follow the magnesium citrate instructions. In the morning, begin a clear liquid diet and avoid solid foods until after your procedure. At 6:00 p.m., drink 10-ounces of magnesium citrate. You may mix with Gatorade or clear soda for flavor. If you have congestive heart failure or have kidney-renal failure, do not drink and contact your gastroenterologist.

## One Day Before Your Procedure

- Unless otherwise directed, begin your clear liquid diet in the morning and refrain from consuming solid food until after your procedure.



- Prepare your MiraLAX prep the afternoon before your procedure at 1:00 p.m. In a large pitcher, mix the provided electrolyte packets with 64 ounces of water. Next, add the entire bottle of MiraLAX to the pitcher, mix well, and refrigerate.
- At 3:00 p.m., take 2 (5mg) Dulcolax®/bisacodyl tablets with a glass of water.
- At 6:00 p.m., drink an 8-ounce glass of the chilled prep mixture every 15-30 minutes until you have finished drinking half of it. This process may take 1 hour.
- You will begin feeling the effects soon, so it is recommended to be near a restroom.
- At 9:00 p.m., take 2 (5mg) Dulcolax/bisacodyl tablets with a glass of water.
- Medication instructions for the evening before
  - Type 1 diabetic patients, take **half** of your usual insulin dose the evening before. Keep a sugary clear liquid available if necessary.
  - Type 2 diabetic patients, take your oral diabetic medication dose as usual.

## The Day of Your Procedure

- Do not smoke on the day of your procedure to comply with anesthesia requirements.

### 6 hours before the procedure



- Start the second dose of MiraLAX 6 hours before the procedure start time and drink the remainder of the prep mixture by drinking an 8-ounce glass every 15-30 minutes until the pitcher is empty.
- You must finish the entire prep even if your bowels are already clear.
- You must finish your prep 4 hours before your procedure.

### Medication instructions for the day of procedure

- Type 1 diabetic patients should still use insulin, but at **half** the usual dose with close monitoring of glucose. Keep a sugary clear liquid available if necessary.
- Type 2 diabetic patients, **hold** your oral diabetic medication until after your procedure.
- Unless your doctor gave you other instructions, prescribed medication(s) for asthma, blood pressure, heart, seizure, or anti-psychotic medications may be taken as scheduled with a small sip of water at least 2 hours prior to your procedure. Do not take anything else by mouth until your procedure is completed.
- Asthma patients, bring your inhaler with you.

### 4 hours before the procedure

- Do not eat or drink until after your procedure.
- Do not chew gum or eat hard candy.
- You may brush your teeth but do not swallow.

### Additional Day of Instructions

Because your procedure requires sedation, a driver (age 18 or over) must accompany you to your appointment. The person who is driving you home must remain at the facility while your procedure is being performed so that they are available in the unlikely event of an emergency. You may **not** go home in a taxi, rideshare (Uber/Lyft), or take public transportation. The sedation you will receive will prevent you from driving safely or working the day of your procedure. Following your procedure, do not drive, operate heavy machinery, or sign legal documents for 24 hours.



Follow any additional instructions from your doctor.  
If you have questions, you can contact Gifthealth.

For additional information, scan the QR code for FAQs.

### Need further assistance?

- Chat now on [www.gifthealth.com](http://www.gifthealth.com)
- 833.614.2051
- [care@gifthealth.com](mailto:care@gifthealth.com)