MiraLAX with Magnesium Citrate Colonoscopy Preparation

Preparing for your procedure

Your colonoscopy is scheduled for: __________________________ Day Date
Please check in at: __________________________ a.m./p.m.

Show your current insurance card and photo ID at check-in.

Doctor: ______________________________________________________
Pharmacy: _____________________________________________________

If you have kidney problems, you may need to use a different preparation. For instructions, call the number on the handout Gastroenterology and Endoscopy Locations.

<table>
<thead>
<tr>
<th>What you’ll need</th>
<th>7 days before your procedure</th>
<th>3 days before your procedure</th>
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<tbody>
<tr>
<td>Get the following items 5 to 7 days before your procedure. You can buy these items at most pharmacies without a prescription. If you’re prescribed these items, the pharmacy name will be written above. Call the pharmacy to confirm that your prescription was received.</td>
<td>• Talk with your primary care clinician about stopping any:</td>
<td>• Start eating a low-fiber diet. A low-fiber diet helps make the bowel preparation more effective. See the handout Low-Fiber Diet Guidelines (#20953).</td>
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<tr>
<td>• MiraLAX (laxative)—8.3-ounce (238 grams) bottle</td>
<td>» Anticoagulation medications, such as apixaban (Eliquis), dabigatran (Pradaxa), edoxaban (Savaysa), rivaroxaban (Xarelto) or warfarin.</td>
<td>• Stop taking fiber supplements (Benefiber, Citrucel, Metamucil, FiberCon).</td>
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<td>• Bisacodyl—4 tablets, each with 5 milligrams of bisacodyl, such as Dulcolax laxative tablets (Don’t use Dulcolax stool softener.)</td>
<td>» Antiplatelet medications, such as clopidogrel (Plavix), prasugrel (Effient) or ticagrelor (Brilinta).</td>
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<td>• Magnesium citrate—10-ounce bottle</td>
<td>• Ask your primary care clinician for instructions if you:</td>
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<td>• Gatorade or Powerade noncarbonated sports drink—64-ounce bottle: Regular Gatorade, regular Powerade, Gatorade G2 and Powerade Zero are OK. Choose a green-, yellow- or clear-colored flavor. Don’t choose a red- or purple-colored flavor.</td>
<td>» Take insulin for diabetes.</td>
<td>• Continue eating a low-fiber diet.</td>
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<td>• If prescribed, ondansetron hydrochloride (Zofran), an anti-nausea and anti-vomiting medicine—3 tablets (Note: This medicine isn’t routinely prescribed. Not everyone will get it.)</td>
<td>» Have heart valve disease.</td>
<td>• Drink at least eight 8-ounce (237-milliliter) glasses of water throughout the day. Cross out each square as you drink a glass.</td>
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<td>• Don’t eat any solid food after midnight. For example, if your procedure is Monday, stop eating at 12 a.m. Sunday.</td>
<td>» Had heart valve replacement.</td>
<td>Don’t drink any alcoholic beverages.</td>
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<td>• Stop taking iron (ferrous sulfate) and multivitamins that contain iron.</td>
<td>• Arrange to have a trusted adult drive you home after your procedure or ride with you by bus, taxi or ridesharing service. Don’t ride a motorcycle.</td>
<td>• Complete the health history form (if a form was given to you).</td>
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### 1 day before your procedure

- See the tips for colon cleansing in the handout *Colonoscopy: What to expect (#13060).
- **Don’t eat any solid food.** Begin a clear-liquid diet. Clear liquids look like colored water and you can see through at room temperature. **Don’t drink any red or purple liquids.** The color may interfere with your procedure.

You may have any of the following:

- Water, clear broth or bouillon, and coffee or tea **without** milk or nondairy creamer
- Gatorade, Powerade, Propel Electrolyte Water, Pedialyte, carbonated and noncarbonated soft drinks, Kool-Aid or other fruit-flavored drinks and strained fruit juices without pulp (apple, white grape, white cranberry)
- Jell-O, Popsicles and hard candy

- **Drink at least eight 8-ounce glasses of water throughout the day.** Cross out each square as you drink a glass.

- **At 5 p.m.,** take 4 bisacodyl tablets.
- **At 6 p.m.,** mix 1 bottle of MiraLAX with 64 ounces of Gatorade or Powerade in a large pitcher or bowl. **Drink the solution as directed below—don’t follow the directions on the container.**
  - Drink one 8-ounce glass of the MiraLAX solution every 10 minutes until the pitcher or bowl is empty.
  - You may continue to drink clear liquids. Drinking clear liquids makes sure you’re hydrated well enough and helps your bowel preparation fully clean out your colon.

### Day of your procedure

- **Four hours before leaving your home for your procedure,** drink the 10-ounce bottle of magnesium citrate.
- **Three hours before** your procedure, stop drinking all liquids, including water.
- You may take your morning medicines with 4 ounces of water after finishing your preparation.
- Your stool should be clear or yellow liquid. If you’re unsure whether your colon is clean, call the number on the handout *Gastroenterology and Endoscopy Locations.*
- **Bring the following to your procedure:**
  - Health insurance card
  - Photo ID
  - Completed health history form (if a form was given to you)
  - Trusted adult to drive you home or ride with you if you take a bus, cab or ridesharing service

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**Remember**

Drinking the solution quickly is part of how the preparation works. **If you have nausea or vomiting when drinking the solution,** rinse your mouth with water and take a 15- to 30-minute break. If prescribed, take ondansetron hydrochloride (Zofran) if needed for nausea according to the label. Then continue drinking the solution. Expect diarrhea and chills.