

**MIRALAX TWO DAY CONSTIPATION  
PREPARATION INSTRUCTIONS**

**Please follow these instructions carefully! Important: Please do not eat breakfast the day prior to your procedure!**

**PURCHASE AT THE PHARMACY**

6 Dulcolax (bisacodyl) 5mg tablets  
238 gram bottle and 119 gram bottle of MiraLAX (non-prescription)  
At least 96 ounces of a sports drink of your choice (any color except red)

**PREPARATION FOR YOUR PROCEDURE**

- **Continue all** aspirin and anti-inflammatory medications including ibuprofen, Motrin, Aleve, naproxen, Naprosyn, sulindac, piroxicam, Feldene, indomethacin, diclofenac, and Voltaren. Tylenol (acetaminophen) is also safe to continue.
- If you are taking anticoagulants or blood thinners (Lovenox, Heparin, Coumadin/warfarin, Eliquis/apixaban, Pradaxa/dabigatran, Xarelto/rivaroxaban, Plavix/clopidogrel) we **REQUIRE** an office visit prior to your procedure to discuss use of these medications. Instructions regarding interrupting these medications will be provided at your office visit. Please reach out to us if you have not had an office visit to discuss anticoagulation.
- If you are diabetic and use insulin, please contact our office for insulin instructions.
- PLEASE call our office if you have any questions about which medications that you should or should not take.

**CALL MON-FRI 7 AM – 5 PM  
OR CALL OUR AFTER HOURS NUMBER**

<b>Meridian Endoscopy Center</b>	<b>(208) 695-2100</b>
<b>Boise Endoscopy Center</b>	<b>(208) 342-7169</b>
<b>Canyon County Endoscopy Center</b>	<b>(208) 954-8218</b>
<b>After Hours</b>	<b>(208) 343-6458</b>

**FIVE DAYS PRIOR TO YOUR PROCEDURE**

- No nuts or seeds.
- Stop all fiber supplements including Metamucil, Citrucel, Benefiber, FiberChoice and flax seeds. If you are taking these to treat constipation, take 17g of MiraLAX daily starting five days prior to your procedure in place of the fiber. (This will require you to purchase MiraLAX in addition to bowel preparation stated above).
- Stop all oil-based vitamins and supplements to include Vitamin A, D, E, Fish Oil, Etc.

**TWO DAYS PRIOR TO YOUR EXAM**

- **Do not eat any solid food.**
- Take only clear liquids by mouth. This includes clear juices (apple, grape, strained orange, strained lemonade), tea, coffee (no milk or creamer), soft drinks, sports drinks (Gatorade, Powerade), clear broth or bouillon, Jell-O, and Popsicles.
- Avoid red drinks, red Jell-O, and dairy products.
- Consume large amounts of clear fluids to increase success of the bowel flush and help avoid hunger.
- At Noon, take (2) Dulcolax tablets, you may experience cramps and stools after ingestion. Take (2) Dulcolax at 6:00pm.

**ONE DAY PRIOR TO YOUR EXAM – Start in the morning prior to your exam**

- **Continue the clear liquid diet from day before.**
- **At 10:00 am, take one (1) Dulcolax tablet - you *may* experience cramps and stools after ingestion.**
- **At 3:00 pm, take another (1) Dulcolax tablet - you *may* experience cramps and stools after ingestion.**
- **At 5:00 pm, mix the full bottle of MiraLAX (238 g) into 64 ounces (8 Cups) of your selected sports drink. Shake until completely dissolved.**

- Drink one 8 - ounce glass every 10-15 minutes until you have finished the 64 ounces (8 cups). This will induce stools. If no stools occur within 2 hours of completion, please **repeat this step**. This will require you to purchase more MiraLAX and sports drink.
- If you feel nauseous at any time while taking your prep try to drink more slowly, using a straw can help. If vomiting occurs, call one of our numbers listed above for instructions. After completing the bowel preparation, your stools should be watery and see through. Please contact our endoscopy department if your stools are not watery or you are concerned with the results of the preparation.
- You may continue consuming clear liquids before and after your bowel prep.

#### THE DAY OF THE PROCEDURE

- **Mix the remaining 119 g of MiraLAX with the remaining amount of your selected sports drink. Shake until completely dissolved. Drink the mixture starting 6 hours before your scheduled appointment time** (i.e., if your appointment is at 10 am, you should start at 4 am. If it is at 1 pm, you should start at 7 am). Drink 8 ounces every 10-15 minutes. You must finish within 2 hours so that your stomach is empty for your exam. Other clear liquids in addition to the bowel preparation are encouraged during this time.
- You may continue to drink clear liquids until 4 hours prior to your procedure.
- **DO NOT take anything by mouth for 4 hours prior to your procedure except medications – this is very important. Drinking less than 4 hours before your procedure may result in delay or cancellation of your procedure!**
- Take your usual prescribed medications with small sips of water.
- If you are on blood thinners, please see instructions above.
- Please bring a list of your current medications and correct dosage to your appointment.
- **NO DRIVING** – Because of the sedatives that you will be given **you cannot drive for the remainder of the day.** You need to have a responsible driver to take you home after your procedure. If your driver wishes to discuss the results of your procedure with the doctor, please have them accompany you to your procedure and **remain on site**. We do not recommend Uber, Lyft, or taking a taxi – these are not acceptable forms of transportation post-sedation.
- You will be sedated for your procedure. **Please avoid alcohol and making legal decisions for the remainder of the day after your procedure.**

You are scheduled with Dr. \_\_\_\_\_

Report at \_\_\_\_\_ on \_\_\_\_\_ to:

\_\_\_\_\_ Boise Endoscopy Center, 425 West Bannock Street, Boise

\_\_\_\_\_ Meridian Endoscopy Center, 2235 East Gala Street, Meridian

\_\_\_\_\_ Canyon County Endoscopy Center, 1216 Garrity Boulevard, Nampa

\_\_\_\_\_ St. Luke's Boise Regional Medical Center, 190 E. Bannock Street, Boise  
(Main hospital entrance. Out-patient Registration)

\_\_\_\_\_ St. Luke's Meridian Medical Center, 520 S. Eagle Road, Meridian  
(Eagle Road entrance. Out-patient Registration)

\_\_\_\_\_ St. Luke's Nampa Medical Center, 9850 W. St. Luke's Drive, Nampa  
(Main hospital entrance. Out-patient Registration)

**Your procedure time will be approximately 90 minutes from the scheduled check-in time to discharge for procedures in the Meridian, Boise, and Canyon County Endoscopy Centers. Please coordinate with your driver to alleviate delays in discharge. Patients' stay times for hospital procedures may be longer.**

**We cannot be responsible for your valuables (*watches or various jewelry items*). Please leave them at home.**

**Bring all insurance cards and a photo ID with you. Please check with your insurance company regarding prior authorization. Fee for services are required at time of check-in. Please be prepared to make a payment.**

# Frequently Asked Questions

## What will happen if I eat or drink a few hours or right before my procedure?

Your procedure may be cancelled. Our primary concern is for your health and safety. We give you a sedative to help you sleep during your procedure.

Eating or drinking before your procedure increases your risk of aspiration. (*Aspiration occurs when food or liquid enters your lungs.*)

You must refrain from eating or drinking 4 hours prior to your procedure.

## What liquids are included in a clear liquid diet? Can I have applesauce?

A clear liquid diet consists of liquids that are clear. Liquids such as: Black coffee (*no cream*), Tea, Jell-O, Popsicles, broth, consommé, juice, Sport's Drinks, or Soft Drinks.

Applesauce, oatmeal, milk, ice cream, or purées are **NOT** considered clear liquids.

## How do I know when my bowel preparation is complete? How do I know if it worked?

For the best results, only drink clear liquids (*no solid food*) the entire calendar day before your exam. Your stool should look similar to the liquids you have been drinking, clear or yellow without any stool particles.

If you have completed your entire preparation and you are still passing formed stool or dark brown fluid, your procedure may need to be rescheduled. Please contact our office.

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Main Office and After Hours	(208) 343-6458

## What if I start to vomit while drinking the colonoscopy preparation solution?

If you develop symptoms of nausea or vomiting, stop drinking the preparation for 30 minutes. After 30 minutes, resume slowly drinking the preparation. If you are not able to consume the entire preparation, please call our office at the numbers listed on the front page.

*Tip: Refrigerate the solution, use cold water for mixing, drink through a straw, or consume mint or ginger to prevent nausea.*

# Frequently Asked Questions

Continued

## Can I drink alcohol during the day of the bowel preparation?

**No.** Consuming alcohol causes dehydration which will compound the dehydration caused by the bowel preparation. It is important to drink plenty of water or clear liquids to remain hydrated.

## How does constipation affect the bowel preparation?

Constipation is a consistent factor that causes a poor preparation for a colonoscopy. Starting the colon preparation when you are constipated can make you sick and will result in a poor preparation. If this occurs, you may have to reschedule.

**If you do not normally have at least one bowel movement daily, then you may need special preparation instructions.** Please contact our Main Office number as soon as possible to discuss preparation options.

## Can I have a colonoscopy if I am having my menstrual cycle?

Yes. Menstruation does not interfere with a colonoscopy procedure.

## Can my spouse, family member, or friend come in with me during the procedure and watch?

No. The physician will speak with your family or responsible adult following the procedure.

## Why can't I drive after my appointment? Does my driver have to stay the entire time I am there?

Colonoscopies and upper endoscopies require sedation to provide comfort to the patient. Sedation will also cause grogginess and slow reflexes for up to 12 hours. This is why you cannot drive your car or perform activities that require quick reflexes or good judgement until the following morning. It is necessary for you to arrange for a responsible adult to safely drive you home after your procedure. If you are taking a taxi, Uber, or Lyft, your driver will not meet with the physician and will be summoned when you are ready to leave the facility. **If you do not have a responsible party to drive you home, your procedure may be rescheduled.**

*Tip: IGA has a form called the Rideshare Acknowledgement and Release that you must sign if you choose to use a service such as a taxi, Uber, or Lyft.*

## What can I expect during my procedure?

When you arrive the day of your procedure, an IV will be placed into your right arm or hand and your medical history will be reviewed.

During the procedure, we lay you on your left side. If you are unable to lay on your left side, we need to know prior to your procedure. Please call our office so we can plan accommodations. An Upper Endoscopy takes about 15 minutes, and a colonoscopy takes about 20-45 minutes.

Once your procedure is finished, your recovery time is about 30 minutes. Once you are discharged, you may resume your regular diet unless otherwise indicated.