

**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
- 2 – 238g bottles of MiraLAX (non-prescription)
- At least 128 ounces of a sport's drink of your choice (any color except red)
- 4 tablets Zofran (prescription for nausea)

**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 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, help avoid hunger, and avoid dehydration.**
- 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 the morning prior to your exam**

- **Continue the clear liquid diet from the 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.**
- To decrease the chance of nausea, you may take one Zofran tablet 30-60 minutes prior to drinking your prep. If you become nauseated or vomit, you may repeat Zofran x1.
- **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 experience nausea while taking your prep, stop drinking and allow the nausea to settle. You may take a Zofran tablet to help ease your nausea. When you resume drinking, drink slower or through a straw to help avoid nausea. If vomiting occurs, please call us at the numbers above.
- You may continue consuming clear liquids before and after your bowel prep.

## THE DAY OF THE PROCEDURE

- To decrease the chance of nausea, you may take one Zofran tablet 30-60 minutes prior to drinking your prep. If you become nauseated or vomit, you may repeat Zofran x1.
- **Mix the second bottle of MiraLAX (238g) 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.
- After completion of the prep, your stools should be watery and see-through. If they are not, or you have any concerns about the quality of your prep, please call us.
- Please continue consuming **clear** liquids after prep completion to avoid dehydration up until 4 hours prior to your scheduled procedure.
- **DO NOT eat or drink ANYTHING 4 hours prior to your procedure. This also means NO water other than to take your 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.
- 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)

## BIG TAKE-AWAYS

- Clear liquids only the day before your exam – that means no solid foods for breakfast, lunch, or dinner – liquids **only**.
- Please finish **ALL** the bowel prep, even if you feel you don't need to, or your stools look clear – we often see poor bowel preparations because patients stop drinking too early.

- If you have trouble with the taste of the prep, try sucking on ice or a lemon wedge to fool your taste buds.
- If you finish the whole prep and your stool is brown, thick, or not clear please call us for advice.
- If you are nauseated or vomit with the prep, stop drinking to allow your stomach to settle and take the Zofran we provide – it can help!
- PLEASE do not drink water or anything while driving to your appointment or waiting for your appointment – we need your stomach empty to safely use sedation.
- You may not remember your conversation with your doctor after your procedure – we STRONGLY recommend your driver stays IN our facility to speak with the doctor after your test.

**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 is required at time of check-in. Please be prepared to make a payment.**