

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.



Medication Guidelines

GLP-1 and phentermine medications

- Seven (7) days prior to your procedure, discontinue oral and injectable GLP-1 agonist, phentermine, and **any** weight loss medications.
- Discontinue fiber and iron supplements, multivitamins with iron and high doses of fish oil.

Blood Thinning Medications

- Your GI provider will advise you whether to stop taking any blood thinning medications (anticoagulants and antiplatelets), after consulting with your prescribing physician.
- If you are currently taking aspirin, you may continue your dosage.

Diabetic Medications

- Three (3) days prior, diabetic patients, do not take SGLT2 medications, such as JARDIANCE® (empagliflozin), INVOKANA® (canagliflozin), FARXIGA® (dapagliflozin), SYNJARDY® (empagliflozin/metformin), or STEGLUJAN® (ertugliflozin/sitagliptin), etc.

Bowel Cleansing Prep & Clear Liquid Diet Guidelines

Bowel Cleansing Prep

If you are not receiving your prep kit from Gifthealth, purchase these items for your bowel cleansing preparation:

- (1) 8.3-ounce bottle of MiraLAX® (238 grams)
- (1) Small box of 5mg Dulcolax®/Bisacodyl Laxative Tablets (You will need 4 tablets.)
- (2) 32-ounce Gatorade bottles (avoid red, orange, or purple flavors)
 - Diabetic patients purchase Gatorade G2

Clear Liquid Diet Items

- For a successful bowel cleansing prep, it is essential that you purchase clear liquid items as indicated. To ensure comfort during the process, consider having diaper rash ointment, your preferred two- or three-ply toilet paper, and/or flushable wet wipes on hand.

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
- ✗ Solid food

Three Days Before Your Procedure

- Stop eating raw vegetables or vegetables containing seeds, corn, popcorn, nuts, and seeds.

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, add the entire bottle of MiraLAX with **either** the two bottles of Gatorade purchased at the store or the electrolyte packets from Gifthealth, 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.



One Day Before Your Procedure continued

- Medication instructions for the evening before
 - Insulin dependent patients may take insulin if necessary, but at **half** the usual dose with close monitoring of glucose. Keep a sugary clear liquid available if necessary.
 - Non-insulin dependent diabetic patients, take your oral diabetic medication dose as usual.

The Day of Your Procedure

- To comply with anesthesia requirements, do not use any tobacco products or marijuana on the day of your procedure. This includes smokeless tobacco, chewing tobacco, vapes, e-cigarettes, ZYN pouches, etc.

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

- Unless your doctor gave you other instructions, prescribed medication(s) may be taken as scheduled with a small sip of water at least 2 hours before your procedure. Do not take anything else by mouth until your procedure is completed.
- Diabetic patients, follow these medication instructions.
 - Insulin dependent patients may take insulin if necessary, but at **half** the usual dose with close monitoring of glucose. Keep a sugary clear liquid available **if necessary** to regulate your blood sugar. Nothing by mouth 2 hours prior to your procedure.
 - Non-insulin dependent diabetic patients, **hold** your oral diabetic medication until after your procedure.
- Asthma patients, bring your inhaler to your appointment.

4 hours before the procedure

- Nothing by mouth 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
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