

## **Miralax (Glycolax) Method: 1 day prep**

S. Grace Woo, MD/ Belen Tesfaye, MD

**Your procedure is scheduled for: Date:**  
**Time:**  
**Arrival Time:**

**You should begin your clear liquid diet:**

**Avoid any food containing seeds, nuts or popcorn 1 week before your procedure.**  
**Nothing by mouth 3 hours before your procedure includes water, gum, candy, mints etc.**

Your procedure will be performed at: Bethesda Endoscopy Center:  
Camalier Building  
10215 Fernwood Road, Ste. 260  
Bethesda, MD 20817  
301-530-2800

Please arrange for someone to drive you home after the procedure. You will not be allowed to leave alone if you have any type of sedation. If you have no one to take you home, you may arrange for the following private company to provide service:

Buckley's  
Phone: 703-390-0535

RMS contact Randy  
301-946-8848 202-345-2845

[info@buckley4seniors.com](mailto:info@buckley4seniors.com)

**For questions or schedule changes contact Rockville Internal Medicine Group @ 301-762-5020 ext. 3056 to connect with April.**

**Note: If you are canceling the night before your procedure, contact the endoscopy center directly and leave a message 301-530-2800 (There is a cancellation fee of 150.00 if you don't give 48 hour notice).**

**Note: If you are constipated take an over the counter stool softener 3 days prior to your procedure.**

### **Preparations for the Colonoscopy**

Purchase from the pharmacy- 1 bottle of Miralax (or Purelax which is the CVS brand name) – 500 grams.  
Purchase at least 6 tablets of Dulcolax pills. (These are over the counter, no prescription needed)

#### **Part 1- The Day Before:**

\*If your procedure is scheduled in the morning, you **may have nothing but clear liquids** the whole day prior to your procedure.

\*If your procedure is scheduled in the afternoon, you **may have light breakfast until 10 am the day** before the procedure (Nothing but clear liquids after breakfast).

**Note:** There are 2 parts to your prep. Part 1 is completed in late afternoon/evening (4pm) before the procedure and part 2 is done in the morning 4 hours prior to your arrival time.

**Part 1 Steps:**

1. Empty 2 capfuls of Miralax into 8-10oz of a clear fluid and dissolve. Drink this down with 2 Dulcolax pills
2. Wait at least a half hour and drink another glass (this is glass 2) of Miralax (2 capfuls) in 8-10oz fluid.
3. Wait at least a half hour and drink glass 3 prepared the same way as glass 2
4. Wait at least a half hour and drink glass 4 prepared like 2 and 3
5. Wait at least a half hour and drink glass 5 prepared like 1.

**Please note: Miralax may not work for hours. Everyone has a different colon transit time. There are some people that will not have their first bowel movement until after midnight. Be patient. This almost always works. There is no need to call your physician in the middle of the night for this reason.**

**Part 2- The Day of your procedure:**

4 hours before your procedure time you will start part 2

**Part 2 Steps:**

1. 4 hours before arrival- drink 8-10 oz. of clear fluid with 2 capfuls of Miralax dissolved in it. Take this glass with 2 more Dulcolax pills.
2. Wait at least a half hour and drink another glass (this is glass 2) of Miralax (2 capfuls) in 8-10oz fluid
3. Half an hour later drink glass 3 (the last glass) of Miralax prepared as 2.  
If your prep is successful then you should see clear stool or yellow- tinged clear stools completion. There should be no solid material at all and you should not have predominantly brown stool. If you are not clean take Miralax (2 capfuls) in 8-10oz fluid.

**Take nothing by mouth 3 hours before your procedure time (except for bowel prep).**

**\*Regardless of weight/ size, all patients take the same dose of prep.**

**Medications:**

1. If possible, stop Aspirin, Advil, Motrin, and Ibuprofen, fish oil, iron supplements and Aleve 7 days before the procedure. Tylenol (acetaminophen) is ok to take. **If by mistake you take any of these meds in the week before the procedure, there is no need to call the doc or cancel the procedure. We will do the procedure anyway.**
2. If you are taking blood thinners like Coumadin (warfarin), Xarelto, Pradaxa, Lovenox, Plavix (clopidogrel), Aggrenox (or any others) you need to discuss the management of these ahead of time with your endoscopist.
3. You can take blood pressure medicines the day of the procedure as long as you take them 3 hours before your arrival time.

4. If you take diabetes medications, take ½ dose of your medication the day before your procedure. You must discuss the management of these with your endoscopist or your prescribing physician ahead of time to decide on the timing of the doses.

## **ACCEPTABLE CLEAR LIQUIDS**

### **Water**

**Any kind of soft drink (ginger ale, coke, tonic, Gatorade, etc.)**

### **Apple juice**

**Orange juice without pulp is okay to have the day before the procedure, but NOT the morning of the procedure**

### **Tea/ Coffee**

**Dietary Supplements (Ensure, Sustecal, Enlive, Boost-stay away from chocolate flavor)  
These are okay to have the day before the procedure, but not the morning of the procedure.**

**Clear Broth (Vegetable, Beef or Chicken)**

**Jell-O (stay away from red, blue or purple colors)**

**NO DAIRY PRODUCTS!!!!!!!**