


# Colonoscopy Prep Instructions - MiraLax

Please see attached Medication Information sheet.

2 Days Before	1 Day Before	Night Before	Morning of Your Procedure
<p>Drink at least eight 8-ounce glasses of water during the day.</p> <p>Take a dose of MiraLax in the evening to ensure a good prep. It should not give you diarrhea or interfere with your daily activities. <i>You can get MiraLax from your local drug store or obtain a complimentary packet from the Digestive Health Center at 1015 S. Hackett Rd. in Waterloo.</i></p>	<p><b>DRINK ONLY CLEAR LIQUIDS THE ENTIRE DAY.</b> Your preparation will be better if you drink extra fluids. Begin drinking clear liquids first thing in the morning and continue throughout the day. <i>(Note: if you are on fluid restrictions, please let us know).</i></p> <p>Drink an eight-ounce glass every hour at minimum. <i>It is important that you drink plenty of liquids to help the laxative work and to avoid dehydration.</i></p> <p><b>Please see Clear Liquid Diet sheet.</b></p>	<p>Start your laxative at 6:00 p.m. Mix one packet or one scoop of MiraLax with 8-ounces of water, Gatorade or Crystal Light (no red or purple color). Repeat this every 10 minutes for a total of eight glasses of the MiraLax mixture.</p> <p><b>Do not use any smokeless chewing tobacco or nicotine pouches at least 6 hours prior to your arrival time.</b></p>	<p>Take the second dose of laxative <b>4 hours</b> prior to your arrival time (plus drive time). Mix one packet or one scoop of MiraLax with eight-ounces of water, Gatorade or Crystal Light (no red or purple color). Repeat this every 10 minutes for a total of eight glasses of the MiraLax mixture. Even if your stools were clear after your laxative dose last evening, you <b>must</b> drink the second laxative dose.</p> <div style="text-align: center;">  <p><b>STOP DRINKING CLEAR LIQUIDS 2 HOURS PRIOR TO YOUR ARRIVAL TIME.</b></p> </div> <p>Your stools should be clear or yellow, so that you can see through to the bottom of the toilet following a bowel movement. If you are having stools that are brown or contain pieces, call our office at 319-234-5990.</p> <p><b>*Take medications at least 2 hours before or after drinking the laxative.</b></p> <p>If you use inhalers, please bring them with you.</p>

Date of procedure \_\_\_\_\_ Arrival time \_\_\_\_\_

**\*\* EXPECT TO BE HERE 3-4 HOURS \*\***

**Location: Digestive Health Center**  
1015 S. Hackett Rd., Waterloo, IA 50701

If you have any questions or concerns, please call our office at 319-234-5990.  
Office hours are Monday–Friday from 8:30 a.m. - 5:00 p.m., with phones answered 24 hours per day for emergencies.