

# How to Prepare for Your Colonoscopy Using Miralax

*A patient guide from Sulphur Surgical Clinic — General Surgery*

This handout will help you get ready for your colonoscopy at **Sulphur Surgical Clinic** using polyethylene glycol (**MiraLAX**), bisacodyl (**Dulcolax**), and **simethicone**.

A colonoscopy is a test that lets your doctor see inside of your colon (large intestine). Your doctor will use a colonoscope — a flexible tube with a camera on the end — to see the inside of your colon on a video monitor. During your procedure your doctor can:

- Remove a small sample of tissue (biopsy) for testing
- Remove a polyp (growth of tissue)
- Take photos of the inside of your colon

Before your procedure, you **must** follow these instructions carefully. You will need to do a bowel preparation to empty your colon before your procedure. It is very important that your colon is empty for your colonoscopy. If there is stool inside your colon, your doctor may not be able to see polyps or other problems clearly, and you may have to repeat the procedure.

If you have any questions, contact our office at **(337) 527-6363**.

## 1 Week Before Your Procedure

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### Arrange for Someone to Take You Home

You **must** have a responsible care partner take you home after your procedure. A responsible care partner is someone who can help you get home safely and report concerns to your healthcare providers, if needed. Make sure to plan this **before** the day of your procedure.

### Ask About Your Medications

You may need to stop taking some of your medications before your procedure. Talk with your doctor about which medications are safe for you to stop taking. Common examples are below.

**Fish Oil — Do not** take fish oil for 1 week prior to your procedure.

**Anticoagulants (Blood Thinners).** If you take a blood thinner — such as to treat blood clots or to prevent a heart attack or stroke — ask the doctor who prescribes it for you when to stop taking it. Common blood thinners include:

- Eliquis (apixaban)
- Pletal (cilostazol)
- Plavix (clopidogrel)
- Fragmin (dalteparin)
- Lovenox (enoxaparin)
- Arixtra (fondaparinux)
- Heparin
- Xarelto (rivaroxaban)
- Innohep (tinzaparin)
- Coumadin (warfarin)
- Aspirin

**Medications for Diabetes.** If you take insulin or other medications for diabetes, you may need to change the dose. Ask the doctor who prescribes your medication what you should do the day before and the morning of your procedure. Tell your doctor you will be drinking a sugar-free clear liquid diet the day before your procedure.

- If you take **Metformin** (such as Glucophage) or a medication that contains metformin (such as Janumet), **do not** take it the day before or the day of your procedure.
- If you take **Ozempic, Wegovy, Mounjaro, or any semaglutide/tirzepatide medication**, hold it for **1 week** prior to your procedure. **Do not** take any of these medicines for a week prior to your procedure.

## Buy Your Supplies

You will need to buy the following supplies for your bowel preparation:

- **4 (5 mg) tablets of Dulcolax (bisacodyl)** — usually sold as a box of ten tablets
- **1 (238 gram) bottle of Miralax (polyethylene glycol)**
- **Simethicone — 80 mg tablets, soft-gels, or chewables (you will need at least 4 tablets / 320 mg total).** Common brand names include Gas-X, Mylicon, and Phazyme. Generic store-brand simethicone is equally effective.
- **64 ounces of any clear liquid** that is **not** red, purple, or orange. You will mix this with the Miralax. Keep it at room temperature.
  - A sports drink, like Gatorade or Powerade, is a good choice. Sports drinks help replace electrolytes that you will lose during the bowel preparation.
  - If you have diabetes, be sure to use a sugar-free clear liquid.

### Why simethicone?

Simethicone breaks up the gas bubbles and foam that can collect in your colon during the prep. Removing these bubbles gives your surgeon a clearer view of the colon lining and helps catch small polyps that bubbles can hide. It is safe, inexpensive, and available over the counter.

## 5 Days Before Your Procedure

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### Stop Taking Iron Supplements

If you take an iron supplement, stop taking it **5 days before** your procedure. Iron supplements can cause color changes in stool, which makes it harder for your doctor to see your colon clearly.

## 3 Days Before Your Procedure

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### Avoid Certain Foods

Follow a **low-fiber diet** starting 3 days before your colonoscopy. During this time, **do not eat:**

- Raw (fresh) fruits and vegetables
- Whole kernel corn, including canned corn
- Whole grains (such as oatmeal, brown rice, quinoa, or wheat bread)

- Seeds (such as sesame or poppy) or nuts

## 2 Days Before Your Procedure

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**Do not** start your clear liquid diet until the day before your procedure if you:

- Are **not** usually constipated
- Do **not** take narcotic (opioid) medications
- Have **not** had a colonoscopy with a poor prep in the past

Avoid raw fruits and vegetables, whole kernel corn, grains, seeds, and nuts. Skip to the next section, "*The Day Before Your Procedure.*"

If you **are** usually constipated, take narcotic medication, or have had a colonoscopy with a poor prep in the past:

- Take **1 capful (17 grams) of Miralax** mixed with 8 ounces of liquid at breakfast, lunch, and dinner.
- Follow a **full liquid diet**. You may eat and drink the following:
  - Yogurt (without pieces of fruit)
  - Fruit juices without pulp
  - Soda
  - Broth or cream soups that have been strained so there are no vegetable pieces
  - Nutritional supplements (such as Ensure or Boost)
  - Ice cream and fruit ices (without any pieces of fruit)

## The Day Before Your Procedure

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### Prepare Your Miralax Bowel Preparation

On the **morning** of the day before your procedure, mix all **238 grams** of the Miralax powder with **64 ounces** of room-temperature clear liquid until the Miralax powder dissolves.

Once the Miralax is dissolved, you can put the mixture in the refrigerator. Many people find it tastes better when it is chilled. **Do not** mix the Miralax earlier than the morning of the day before your procedure.

### Follow a Clear Liquid Diet

You will need to follow a clear liquid diet the day before your procedure.

- **Do not** eat any solid foods.
- **Do not** drink anything red, purple, or orange.
- Drink plenty of liquids other than just water, coffee, and tea. This helps you get enough calories. Try to drink at least **one 8-ounce glass of liquid every hour** while you are awake.
- If you have diabetes, drink only sugar-free clear liquids and check your blood sugar level often. If you have questions, talk with your healthcare provider.

DRINK	DO NOT DRINK
Clear broth, bouillon, consommé	Anything red, purple, or orange
Gelatin, such as Jell-O	Juices with pulp
Flavored ices	Milk or cream
Clear fruit juices (apple, white cranberry, lemonade, white grape)	Alcoholic beverages
Soda — 7-Up, Sprite, ginger ale	Nectars
Gatorade or Powerade	Any products with particles of dried food or seasoning
Black coffee	
Tea	
Water	

## Start Your Bowel Preparation

### Step 1 — 12:00 PM (Noon): First Dose of Dulcolax + Simethicone

At **12:00 PM** on the day before your procedure, take the following with a glass of water:

- **2 Dulcolax (bisacodyl) 5 mg tablets**
- **2 simethicone 80 mg tablets (160 mg total)**

### Step 2 — 12:15 PM to 1:00 PM: First Half of Miralax

Drink the first half of your Miralax mixture:

1. **12:15 PM** — drink 1 (8-ounce) glass of mixture
2. **12:30 PM** — drink 1 (8-ounce) glass of mixture
3. **12:45 PM** — drink 1 (8-ounce) glass of mixture
4. **1:00 PM** — drink 1 (8-ounce) glass of mixture

You will drink 4 glasses of the mixture in total during this round.

- When you are finished, **half of the Miralax mixture will be left**. Save the rest in the refrigerator for the second half of your preparation.
- Bowel movements usually begin within 1 hour of drinking the first dose, but it may take longer for some people.
  - Do not worry if you do not start having bowel movements after drinking the first half of the Miralax. Continue to drink liquids and start the second half as instructed.
- Put petroleum jelly (Vaseline) or A&D ointment on the skin around your anus after every bowel movement. This helps prevent irritation.
- Continue to drink clear liquids to stay hydrated and flush out your colon.

### Step 3 — 5:00 PM: Second Dose of Dulcolax + Simethicone

At **5:00 PM**, take the following with a glass of water:

- **2 Dulcolax (bisacodyl) 5 mg tablets**
- **2 simethicone 80 mg tablets (160 mg total)**

Then start drinking the second half of the Miralax mixture:

5. **5:15 PM** — drink 1 (8-ounce) glass of mixture
6. **5:30 PM** — drink 1 (8-ounce) glass of mixture
7. **5:45 PM** — drink 1 (8-ounce) glass of mixture
8. **6:00 PM** — drink 1 (8-ounce) glass of mixture

**Be sure to finish the entire Miralax mixture.**

- You can continue to drink clear liquids until **4 hours before** your scheduled arrival time.
- **Do not eat anything** until after your procedure.

### Quick Reference — Prep Day Timeline

Time	What to Take / Do	Details
Morning	Mix Miralax	Combine 238 g Miralax with 64 oz clear liquid; refrigerate
All Day	Clear liquid diet	At least 8 oz clear liquid every hour; nothing red, purple, or orange
12:00 PM	2 Dulcolax + 2 simethicone (160 mg)	Take with a glass of water
12:15 – 1:00 PM	First half of Miralax	One 8 oz glass every 15 minutes (4 glasses total)
5:00 PM	2 Dulcolax + 2 simethicone (160 mg)	Take with a glass of water
5:15 – 6:00 PM	Second half of Miralax	One 8 oz glass every 15 minutes (4 glasses total)
4 hr before arrival	Stop all liquids	Nothing by mouth until after your procedure

### Day of Your Procedure

- **Do not** eat or drink anything within 4 hours of your scheduled arrival time.
- Take only the medications your surgeon has approved with a small sip of water.
- Wear comfortable, loose-fitting clothing.
- Leave jewelry and valuables at home.
- Bring your photo ID, insurance card, and a list of your medications.



- Make sure your responsible care partner is available to drive you home.

## When to Call Us

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Call **Sulphur Surgical Clinic** at **(337) 527-6363** if you experience any of the following during your prep:

- Severe abdominal pain or cramping that does not improve
- Persistent vomiting that prevents you from finishing the prep
- Signs of dehydration — dizziness, dark urine, very dry mouth, lightheadedness when standing
- A reaction to any of your prep medications
- Any other concerns about your prep or procedure

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### Sulphur Surgical Clinic

Monday – Friday, 8:00 AM – 5:00 PM | [sulphursurgicalclinic.com](http://sulphursurgicalclinic.com)

<p><b>Sulphur Office</b> 914 Cypress Street Sulphur, LA 70663 <b>(337) 527-6363</b></p>	<p><b>Lake Charles Office</b> 1920 W Sale Road Lake Charles, LA 70605 <b>(337) 425-9300</b></p>
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*Board-certified general surgeons serving Sulphur, Lake Charles, and Southwest Louisiana for over 50 years.*