MASON CITY SURGERY CENTER

MIRALAX PREP INSTRUCTION CHECKLIST:

DAY PRIOR TO YOUR PROCEDURE:

- **No solid food all day.** Clear liquids per Colonoscopy instructions.
- Purchase **supplies** if you have not already done so. No prescription is required:
  - **64 ounces of Liquid: (nothing red, orange or purple)**
    - Gatorade, Propel, Crystal Light or other non-carbonated beverage
    - **If you are diabetic, you may use sugar-free beverage**
  - **Dulcolax 5mg (bisacodyl) tablets**: 1 bottle or at least 4 tablets
  - **Miralax or generic (Polyethylene Glycol powder)**: one 8.3 ounce bottle o Magnesium Citrate: one 10 ounce bottle-**not to use if you have kidney failure**

EVENING PRIOR TO YOUR PROCEDURE: (first half of prep)

4:00 pm

- Take **4 Dulcolax tablets** with a glass of water

Mix the entire bottle of **Miralax powder with the 64 ounces of liquid**

- Stir/shake until the powder is completely dissolved
- Chill if desired

6:00 pm

- Begin drinking the **Miralax prep solution**
  - Drink one 8 ounce glass every 15 minutes until half of the solution is finished
- Continue drinking clear liquids while awake through the night
- Walk as much as possible during the preparation, as this enhances the preparation results

8:00 pm

- **Magnesium Citrate:** Drink one 10 ounce bottle

THE MORNING OF YOUR PROCEDURE: (second half of prep)

During the PreAdmission phone call, your nurse will give you the time to begin the second half of your prep (which is typically 6 hours prior to your scheduled procedure):

- Drink the remaining Miralax prep solution
  - Drink one 8 ounce glass every 15 minutes until the preparation is finished. **You must drink all of the prep solution**
- Continue drinking clear liquids **until the time you were told to have nothing by mouth.**
  - Please, no coffee the morning of your procedure
- Walk as much as possible during the preparation, as this enhances the preparation results.

If you are unable to drink the entire prep or if you are still having bowel movements that are not clear/yellow, please call the Mason City Surgery Center **(494-2000)** and ask to speak to a PreOperative nurse. If able, we may have you arrive earlier than your scheduled time to drink additional prep to further clear the colon so the procedure does not have to be cancelled.