


CEDAR VALLEY
Digestive Health Center

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 Cedar Valley Digestive Health Center at 1015 S. Hackett Rd. in Waterloo.</i></p>	<p>DRINK ONLY CLEAR LIQUIDS THE ENTIRE DAY. 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>Please see Clear Liquid Diet sheet.</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>Do not use any smokeless chewing tobacco or nicotine pouches at least 6 hours prior to your arrival time.</p>	<p>Take the second dose of laxative 4 hours 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 must drink the second laxative dose.</p> <div style="text-align: center;">  <p>STOP DRINKING CLEAR LIQUIDS 2 HOURS PRIOR TO YOUR ARRIVAL TIME.</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>*Take medications at least 2 hours before or after drinking the laxative.</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: Cedar Valley 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.