

- **NOTE: THIS PREP CAN BE TAKEN IF YOU SUFFER FROM KIDNEY PROBLEMS, DIABETES, CONGESTIVE HEART FAILURE, MODERATE TO SEVERE CIRRHOSIS, OR ARE AGE 65 AND OLDER.**

MIRALAX PREP

CLEAR LIQUIDS:

Gatorade is the preferred clear liquid (NO RED), clear fruit juices, white grape juice, natural cranberry juice, apple juice, water, Kool-aid, clear soup broth, bouillon, Jello, popsicles, Italian Ice , Coffee (NO CREAM), Tea, Sprite, 7 Up, Ginger ale, and Mountain Dew.

5 DAYS BEFORE YOUR COLONOSCOPY:

- Read all prep instructions
- Stop herbals, vitamins, and iron supplements
- Purchase bowel prep products from your pharmacy.
- **DO NOT EAT CORN**

ITEMS LISTED BELOW ARE WHAT YOU WILL NEED FOR PREPARATION:

1-8.3 ounce (238g) bottle of Miralax

(SOLD OVER THE COUNTER)

4 Dulcolax Laxative Tablets

(SOLD OVER THE COUNTER)

64 Ounces of Gatorade (NO RED) or 64 ounces of Crystal Light

(DIABETIC PATIENTS MUST USE CRYSTAL LIGHT)

You MUST have a driver to take you home or your procedure will be cancelled.

THE DAY BEFORE COLONOSCOPY:

- **NO SOLID FOODS**
- **NO ALCOHOL**
- **NO MILK BASED PRODUCTS**
- **CLEAR LIQUIDS ALL DAY.**
- Drink an extra 8 ounces of clear liquid every hour from 9a-4p.
- **12noon take 4 Dulcolax tablets with water (SOLD OVER THE COUNTER)**
- **4pm-** Take the medication you have been prescribed to prevent nausea by mouth with a small sip of clear fluid.
- **4pm** Mix half of the bottle of Miralax in 32 ounces of Gatorade or Crystal Light.
- Shake well until powder is completely dissolved.
- **4pm** Drink 32 ounces of Miralax mixture
- It can take 1-4 hours for diarrhea to begin. Have a bathroom or commode accessible.
- Many have found that drinking the prep through a straw and chilling the solution improves the tolerance.
- Continue to drink clear liquids hourly until you go to bed.

THE DAY OF YOUR COLONOSCOPY:

- **NO SOLID FOODS**
- **NO ALCOHOL**
- **NO MILK BASED PRODUCTS**
- **4am** -Take the medication you have been prescribed to prevent nausea by mouth with a small sip of clear fluid.
- **4am-** Mix the remaining half of the bottle of Miralax in 32 ounces of Gatorade or Crystal Light.
- **4am** Drink 32 ounces of Miralax mixture
- It can take 1-4 hours for diarrhea to begin. Have a bathroom or commode accessible.
- **After completion of the above prep. You are to have nothing by mouth until after your procedure.**
- **NOTE the second dose of Miralax mixture is taken on the morning of the exam. YOU MUST take the morning dose before your exam.**
- **If there is a cancellation, you may be contacted to come in earlier than the arrival time originally given to you.**
- **You may apply a petroleum based product or diaper rash ointment to the rectal area if you experience discomfort from frequent stools.**