

MIRALAX Bowel Preparation – Standard Dosing

USE ONLY THESE INSTRUCTIONS AND DISREGARD ALL OTHER INSTRUCTIONS!

5 days before your colonoscopy

Read all prep instructions.

Stop herbals, vitamins, and oral iron supplements.

Arrange for a driver for your procedure.

2 days before your colonoscopy

Confirm that you have a driver to take you home following your procedure.

AVOID ALL NUTS AND SEEDS

Purchase 4 (four) Dulcolax (Bisacodyl) tablets, 238 grams bottle of Miralax and 2 (two) 32 ounce bottle of Gatorade.

- If you have a colostomy please bring an extra stoma bag.
- If you are Diabetic, please check with you physician regarding insulin and oral diabetic medication regimen.
- If you require antibiotics before going to the dentist or for a heart murmur, valvular disease, or joint replacement, please inform us.

Clear Liquid Diet – (NO RED OR PURPLE)

Gatorade

Clear fruit juices (apple juice)

Water, Kool-Aid

Clear soup, broth or bouillon

Tea/coffee without cream

Sodas: 7-up, Sprite, regular or diet Pepsi/Coke

Jell-O, Hard candies

Popsicles (no sherbets/fruit bars)

No solid foods, milk or milk products.

The day before your colonoscopy

NO SOLID FOOD. NO ALCOHOL. Clear liquids **ALL DAY**

1. **In the morning, mix the Miralax with the 64 ounces of Gatorade. Shake well and refrigerate.**
2. **At 3:00 pm take 2 (two) Dulcolax (Bisacodyl) tablets with water.**
3. **At 5:00 start drinking one 8 ounce glass every ten minutes until 32 ounces of the solution is finished. Try to drink the solution quickly (ice and a straw may be helpful).**
4. **Keep remaining 32 ounces of solution in the frigerated and maintain a CLEAR liquid diet until after procedure.**
5. **At 7:00 pm Take 2 (two) Dulcolax (Bisacodyl) tablets. Drink at least 3 additional glasses of clear liquid before bedtime.**
6. **Nothing to eat or drink after midnight EXCEPT for the instructions below.**

The day of your colonoscopy

NO SOLID FOOD. NO ALCOHOL.

You may take your morning medications. Do not take aspirin and anti-inflammatory medications (Motrin, Advil, Ibuprofen, Aleve and others) until after the procedure.

4 (four) hours prior to your schedule procedure time follow the directions below.

1. **Drink the remaining Miralax solution and 4 (four) 8 ounce glasses of water.**
TIME _____
2. **You may have clear fluids up till 3 hours prior to your procedure.**
3. **NOTHING to eat or drink after, TIME _____**