

Miralax Prep

5 DAYS BEFORE THE COLONOSCOPY:

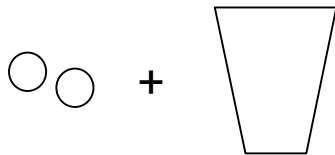
- **Stop** taking iron (including multivitamins) or Pepto Bismol.
- Avoid foods that contain seeds or nuts starting today and up to the procedure.
- Obtain the **Miralax** preparation (over the counter) from the pharmacy.
- Obtain two (2) Dulcolax (bisacodyl) tablets from the drugstore, available over-the-counter.

CHECKLIST for 5 DAYS BEFORE THE COLONOSCOPY

- Obtain the Miralax from the pharmacy (over-the-counter).
- Obtain Dulcolax (bisacodyl) from the pharmacy (over-the-counter).
- Stop taking any medications as instructed by your doctor.

1 DAY BEFORE THE COLONOSCOPY:

- Have clear liquids only for breakfast, lunch and dinner. These include water, coffee, tea, milk, clear broth, juices without pulp (no orange juice), soda, Gatorade, Jello or plain yogurt. Do not drink red colored liquids as this can interfere with the test.
- It is important to drink plenty of fluids so you do not become dehydrated. Beginning at 1 pm drink at least one glass of clear liquids (from the choices listed above) every hour.
- At **4 pm**, take **two (2)** Dulcolax (bisacodyl) tablets with a glass of water. Do not crush or chew the tablets. Do not take the tablets within one hour of taking an antacid.



- At **8 pm**, mix all of the 238 gram bottle of **Miralax** with a **64 ounce** bottle of **Gatorade** in a pitcher. Shake the solution until all of the Miralax is dissolved. Drink an 8 ounce glass of the mixture every 10 minutes until finished. Be sure to drink all of the mixture.
- Drinking through a straw or drinking the solution chilled may help.
- If you begin to feel sick to your stomach while taking the Miralax, take a short break until the feeling passes.
- Other clear liquids can be taken during the evening. Medicines should be taken on their regular schedule except the ones mentioned above. Nothing to eat or drink after midnight.

CHECKLIST for 1 DAY BEFORE THE COLONOSCOPY

- Clear liquids only for breakfast, lunch and dinner
- 1 pm: Drink at least one 8 ounce glass of clear liquids each hour
- 4 pm: Take the two (2) Dulcolax tablets
- 8 pm: Mix the Miralax / Gatorade solution as directed above, and drink one 8 ounce glass every 10 minutes until it is completely finished. Be sure to drink the entire Miralax mixture

DAY OF THE COLONOSCOPY:

- Take your usual morning medications (except the ones mentioned before) with a small amount of water.
Nothing else by mouth until after the procedure.

- Make sure you have someone to drive you home from the procedure. **You will not be able to drive for 24 hours.**
- Wear loose fitting, comfortable clothing.

CHECKLIST for DAY OF THE COLONOSCOPY

- Take your regular medications, except those listed above or as instructed by your doctor.
- Nothing to eat or drink

You will be drowsy from the medication, and will NOT be able to drive yourself home. Please arrange to have someone drive you home. No exceptions will be made.

Bring a photo I.D. and insurance card.