



**Miralax Preparation for Colonoscopy**

Name \_\_\_\_\_ Date \_\_\_\_\_ Arrival Time \_\_\_\_\_

Physician \_\_\_\_\_ Location \_\_\_\_\_

**\*\*\*\*DO NOT TAKE IRON FOR 5 DAYS BEFORE YOUR PROCEDURE\*\*\*\***

**\*\*\*IF YOU TAKE ASPIRIN DAILY, DO NOT STOP IT BEFORE YOUR PROCEDURE\*\*\***

**\*\*\*DO NOT SMOKE ON THE DAY OF YOUR PROCEDURE, INCLUDING SMOKING TOBACCO, ELECTRONIC CIGARETTES, MARIJUANA, CIGARS, AND/OR PIPES\*\*\***

Special Medication Instructions: \_\_\_\_\_

**Purchase two 64 ounces bottles of non-red, non-purple Gatorade (clear is preferable), a 340 gram bottle of Miralax (PEG-3350) powder over the counter, and 10mg Dulcolax (Bisacodyl) over the counter at your pharmacy. All pharmacies have a generic version of Miralax (Polyethylene Glycol) that will be cheaper than the brand. If you are diabetic, you should use the G2 version of Gatorade as it has significantly fewer carbs**  
**Starting 3 days before your procedure:**

Take one (17gm) dose of Miralax mixed with 8 ounces of liquid of your choosing twice daily for 2 days before your prep day. Continue down to instructions below for the day before your colonoscopy.

**On the day before your colonoscopy (as soon as you wake up):**

1. Begin a clear liquid diet.

***On your clear liquid diet you may have:***

***Coffee (no cream)***

***Water***

***Tea***

***Jell-O (not red or purple)***

***Clear fruit juice (apple/white grape)***

***Gatorade (not red or purple)***

***Soft drinks (not red or purple)***

***Lemonade (no pulp)***

***Popsicles (not red or purple)***

***Clear broth (chicken or beef)***

2. Mix eight 17gm capfuls of Miralax into one 64 ounce bottle of Gatorade. Refrigerate the mixture.
3. At 5:00pm, drink an 8 ounce glass of the Miralax/Gatorade mixture. Repeat this every 15 minutes until you have finished drinking the entire 64 ounces.
4. Mix eight 17gm capfuls of Miralax with the remaining 64 ounce bottle of Gatorade. Refrigerate the mixture overnight.

**On the day of your colonoscopy:**

1. Four hours before your arrival time, drink an 8 ounce glass of the Miralax/Gatorade mixture. Repeat this every 15 minutes until you have finished the entire 64 ounces.
2. As soon as you finish drinking the remaining 64 ounces, take 10mg of Dulcolax (Bisacodyl).

**\*\*DO NOT DRINK ANY LIQUIDS FOR AT LEAST 2 FULL HOURS BEFORE YOUR ARRIVAL TIME\*\*YOUR DRIVER MUST STAY AT THE CENTER FOR YOUR ENTIRE APPOINTMENT.**

Call nursing at 791-2040 with any questions.



## KEYS TO A GOOD BOWEL PREPARATION

It is important to have an excellent bowel preparation prior to your colonoscopy. This will allow your doctor to examine your colon with better accuracy, and avoid the need for a repeat examination due to an inadequate preparation. Please review the helpful hints listed below.

1. **FOLLOW YOUR DIRECTIONS CAREFULLY:**

**Review them a week prior** to your scheduled colonoscopy so you can plan. Pick up your bowel preparation kit from the pharmacy, review any potential need to adjust medications (e.g. blood thinners), and make sure you have arranged for someone to accompany you to the appointment (you will not be able to drive yourself). Call your doctor if you have any questions.

2. **DIET:**

Avoid the following foods 3 days prior to your colonoscopy if possible– raw fruits/vegetables/salads, corn, nuts, seeds, popcorn. ***This is just a recommendation to help insure that your colon is as clean as possible, and that you will not need to repeat the exam sooner than necessary.*** Remember: **no solids for the whole day before your procedure.**

3. **CONSTIPATION:**

If you tend to constipation, your colon may not clean out well unless you follow some additional simple steps. If you usually do not have a bowel movement every day, take MIRALAX (generic is fine as well) 17 grams of powder mixed in 8 oz. of water TWICE a day for THREE days prior to your bowel preparation (i.e. 4 days prior to your colonoscopy), then take your bowel preparation as directed. If you do not usually have a bowel movement for 4 days or more, call your doctor's office for special instructions.

4. **HEMORRHOIDS/ANAL DISCOMFORT:**

The preparation process requires you to have frequent bowel movements, therefore anal/hemorrhoidal irritation may occur. To minimize this, apply a small amount of Vaseline to the cleansed anal area prior to starting the bowel preparation. Additionally, we recommend using non alcohol, non scented, moistened anal wipes to keep the anal area clean while taking the bowel prep.

5. **GETTING YOUR PREP DOWN SUCCESSFULLY:**

Make sure you get your bowel preparation very cold prior to drinking it, and pour it over ice as well. Drinking it through a straw will minimize the amount of the laxative that you actually have to taste. You can also add a powdered flavoring, such as Crystal Light lemonade, to each glass. Sucking on hard candies after drinking the laxative will also help dispel the taste in your mouth and make the preparation process more tolerable.

6. **DRINK LOTS OF FLUIDS:**

It is very important to stay well hydrated during your bowel preparation process. The more liquids you drink, the better you will feel.