

# MIRALAX

## Prep Instructions for Colonoscopy

Please make the following purchases at your Pharmacy or Grocery Store:  
(A prescription is **NOT** needed.)

1. Dulcolax - 4 tablets
2. Miralax – 238 gram bottle
3. Gatorade – 64 ounces: (AVOID red, orange or purple)

**COLONOSCOPY** - procedure performed to help identify and/or correct a problem in the colon. You will be sedated before an endoscope is inserted through the anus and gently moved around the bends of the colon. The procedure usually takes 30-60 minutes.

**To obtain the full benefit of the procedure, the colon must be free of stool. Please closely follow the following instructions:**

### STOP –



taking All Fiber Supplements (Metamucil, Citrucel, Fiber-con, Benefiber, Konsyl, etc.) **ONE WEEK** prior to the procedure. You may resume taking fiber supplements after the procedure.



taking Coumadin **FIVE DAYS** prior to the procedure. If you have any questions, please contact your prescribing physician.



taking Plavix **SEVEN DAYS** prior to the procedure. If you have any questions, please contact your prescribing physician.

### IF YOU HAVE DIABETES –

- Oral medication: **DO NOT** take the morning of the procedure.
- Insulin: **Reduce** the morning dose by **half**, the morning of the procedure.

### Day prior to the procedure:

1. Begin a clear liquid diet that morning and continue through the day. This consists of coffee and/or tea with artificial sweeteners **ONLY** - (**NO milk, cream or sugar**). Diet sodas, beef and/or chicken broth, sugar-free jello and popsicles.  
(AVOID red food coloring.)
2. Mix the Miralax and Gatorade together then place in the refrigerator to chill.
3. At **5 p.m.** take the 4 Dulcolax tablets.
4. At **7 p.m.** begin drinking your solution. Drink an 8 ounce glass every 15 minutes until half/32 ounces of the solution has been consumed. Place the remainder in the refrigerator to chill.
5. You may continue to drink clear liquids after you have consumed your first half/32 ounces of the solution.

### Day of the procedure:

1. Beginning **6 hours prior to your procedure time**, you need to drink the last half/32 ounces of your solution. Drink an 8-ounce glass every 15 minutes until the second half/32 ounces are completely gone. This step **MUST** be completed 4 hours prior to your procedure.
2. Take necessary medications such as blood pressure, heart, thyroid and seizure medications with a small sip of water.
3. Do **NOT** drink anything else.