

### MIRALAX PREPARATION FOR COLONOSCOPY

**Purchase at a pharmacy (no prescription needed):**

1. Dulcolax **laxative** tablets
2. 64 oz. Gatorade/PowerAde/Crystal Light/Water (*not orange or red*)
3. 234 gm bottle Miralax powder

For **one week prior**: do NOT take any Aspirin (or products containing acetylsalicylic acid), ibuprofen (including Advil, Aleve, Motrin, Excedrin), Vitamin E or Iron. You may take Tylenol or products containing acetaminophen.

For **four days prior**: Begin to avoid roughage such as bran, whole wheat, seeds, popcorn, nuts, fresh fruit and fresh vegetables. Stop all fiber supplements (example: Metamucil, Citrucel, Benefiber, etc). You may eat cooked, canned, or juiced fruits and vegetables.

The **day before** colonoscopy:

1. Stay on mostly a clear liquid diet (Jell-O, broth, clear fruit juices such as apple or white grape, Italian ice, Popsicles, etc.). Eggs, plain ice cream or plain yogurt is acceptable until you start to take your laxative preparation. Consume nothing red or orange. Drink plenty of fluids to avoid dehydration.
2. At 3:00 pm, begin preparation by taking 2 Dulcolax tablets by mouth.
3. At 5:00 pm, mix the bottle of Miralax with 64 oz of the Gatorade/PowerAde/Crystal Light/Water (whichever you have chosen). If you have diabetes, be sure to use a sugar-free liquid. You may refrigerate the mixture or serve on ice. **Begin to drink 8 oz of the fluid mixture** approximately every 20-25 minutes until you drink the entire mixture (This should take about 2-3 hours). If you feel slightly nauseated, you may slow down the pace of your drinking.  
*You must finish the entire bottle.*
4. At 10:00 pm, take 1 more Dulcolax tablets with an 8oz glass of water. If you are working the day before your procedure, you may start your preparation at 5:00 pm (move all other times ahead 2 hours).

**The day of colonoscopy:**

You may continue to drink clear fluids up until 4 hours before your procedure. During the four hours leading up to your scheduled colonoscopy appointment, **NO ORAL INTAKE OF ANY KIND**. If stool is still not clear (you cannot see the bottom of the toilet after BM), take a Fleet enema prior to your visit. Withhold all oral medication (including medication to treat diabetes and high blood pressure) until after the procedure unless discussed otherwise with your physician.