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MIRALAX PREPARATION FOR COLONOSCOPY

Purchase at a pharmacy (without prescription):

1. Dulcolax **laxative** tablets
2. 64 oz. Gatorade/PowerAde/Crystal Light/Water or any clear liquid of your choice (***no orange or red***)
3. 238 gm bottle Miralax powder

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**

For Four-day 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. (**Stop all solid food at 5pm)**
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 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
4. **At 5:00 pm** begin to drink 8 oz of the fluid mixture approximately every 20-25 minutes until you have drunk 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.*
5. **At 10:00 pm**, take 1 more Dulcolax tablet with an 8 oz 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 to 3 hours before your procedure. During the four hours leading up to your scheduled colonoscopy appointment, have 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.