

INSTRUCTIONS FOR COLONOSCOPY WITH MIRALAX

WEBSITE: GASTROCNY.COM

DAY BEFORE YOUR PROCEDURE: **CLEAR LIQUIDS ONLY!!!! PUSH LOTS OF FLUIDS!!!** (BREAKFAST, LUNCH, DINNER)
NO SOLID FOODS, NO MILK OR MILK PRODUCTS and **NO RED OR PURPLE LIQUIDS**

CLEAR LIQUIDS INCLUDE:

Strained fruit juices without PULP (apple, white grape, lemonade)

Water, CLEAR broth or bouillon, coffee or tea (without milk or non-dairy creamer or powder) Gatorade, carbonated and non-carbonated soft drinks, Kool-Aid, seltzer, fruit flavored drinks Plain Jell-O (no added fruits or toppings), ice popsicles

THE PREP HAS BEEN SENT TO YOUR PHARMACY

AND OR ALL NECESSARY ITEMS FOR YOUR PREP ARE OVER THE COUNTER

- (4) four Dulcolax 5 mg Tablets (**LAXATIVE**)
- (2) 28 oz bottles of either: Gatorade, Powerade, Pedialyte or any drink with **ELECTROLYTES**
- (1) 238-gram bottle of MiraLAX

DAY BEFORE PROCEDURE

- Divide the MiraLAX powder in half between the 28 oz liquids and mix thoroughly and chill before drinking

AT 1:00 PM DAY BEFORE YOUR PROCEDURE

- TAKE (4) FOUR DULCOLAX 5 MG TABLETS

BETWEEN 3:00 PM – 4:00 PM DAY BEFORE PROCEDURE

- Start drinking the first 28 oz bottle of your prep
- It is best to drink the prep relatively quickly, rather than sipping small amounts. If you get nauseated, stop for 15 minutes then resume taking the prep at a slower pace.

AT 8:00 PM DAY BEFORE PROCEDURE

- Start drinking the other 28 oz bottle of the prep
- Bowel movements may continue for 1-2 hours after you have finished taking the prep. By this time the stool should be Clear.

YOU MAY HAVE CLEAR LIQUIDS UP UNTIL MIDNIGHT, ABSOLUTELY NOTHING TO EAT OR DRINK AFTER MIDNIGHT INCLUDING: CHEWING GUM, LOZENGES AND HARD CANDY UNLESS OTHERWISE DIRECTED BY YOUR PHYSICIAN