



of Central New York, P.C.

INSTRUCTIONS FOR COLONOSCOPY WITH MIRALAX WITH GAS-X (SIMETHICONE)

DAY BEFORE YOUR PROCEDURE: CLEAR LIQUIDS ONLY!!

Drink only "clear liquids" for breakfast, lunch and dinner. (Solid foods, milk or milk products are **NOT** allowed).

Clear liquids include:

Strained fruit juices without pulp (apple, white grape juice or lemonade)

Water, clear broth or bouillon, coffee or tea (without milk or non-dairy creamer)

All of the following that are NOT colored red or purple:

Gatorade, carbonated and non-carbonated soft drinks, Kool-Aid or other fruit flavored drinks, plain Jell-O (without added fruits or toppings), ice popsicles.

You must avoid iron supplements for one week prior to the exam!!

1-2 WEEKS BEFORE PROCEDURE

- Purchase (4) Dulcolax 5 mg tablets over the counter at your pharmacy.
- Purchase one (1) 125 mg Extra-strength Gas-X tablet (Simethicone) chewable or soft gel at your pharmacy.
- Purchase two (2) 32 oz. bottle of Gatorade (any flavor except red or purple).
- Purchase one (1) 238gram bottle of Miralax.

DAY BEFORE PROCEDURE- CLEAR LIQUIDS ONLY!!

- Divide the Miralax powder in $\frac{1}{2}$ between each bottle of Gatorade and mix thoroughly.
- Chill the Gatorade.

AT 1:00 PM DAY BEFORE PROCEDURE

- Take (4) four Dulcolax 5 mg tablets

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

- At 3:00 PM Take one (1) 125 mg Extra-strength Gas-X tablet (Simethicone)
- Start drinking the first bottle of Gatorade/Miralax preparation
- Drink one glass (8oz) every 15-20 minutes until the bottle is completed.
- It's best to drink the whole glass rapidly, rather than sipping small amounts continuously. If you start to get nauseated, stop for 15 minutes then resume taking the prep at a slower pace.

AT 8:00 PM DAY BEFORE PROCEDURE

- Continue drinking the rest of the Gatorade/Miralax preparation until it's finished.
- Bowel movements will continue periodically for approximately 1-2 hours after you finish drinking the last glass. By this time, stool liquid should be clear.

❖ **YOU MAY HAVE CLEAR LIQUIDS UP UNTIL MIDNIGHT. ABSOLUTELY NOTHING TO EAT OR DRINK AFTER MIDNIGHT UNLESS OTHERWISE DIRECTED.**

NOTE- Individual responses to laxatives do vary: this prep may cause multiple bowel movements.