

INSTRUCTIONS FOR COLONOSCOPY WITH MIRALAX
WEBSITE: GASTROCN.Y.COM

THE DAY BEFORE YOUR PROCEDURE: CLEAR LIQUIDS ONLY ALL DAY (BREAKFAST, LUNCH, DINNER)!!!! PUSH LOTS OF FLUIDS!!! NO SOLID FOOD, 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:

- (2) two Gas-X 180 mg Tablets (Simethicone)
- (4) four Dulcolax 5 mg Tables (**LAXATIVE**)
- (1) one 238-gram bottle of MiraLAX
- (2) two 28 oz bottles of either: Gatorade, Powerade, Pedialyte or any drink with ELECTROLYTES

THE DAY BEFORE YOUR PROCEDURE (SOMETIME IN THE MORNING)

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

THE DAY BEFORE YOUR PROCEDURE AT 1:00 PM

take (4) four Dulcolax 5 mg tablets (LAXATIVE)

THE DAY BEFORE YOUR PROCEDURE BETWEEN 3:00 PM-4:00 PM

Take (1) one Gas-X 180 mg Tablet
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.

THE DAY BEFORE YOUR PROCEDURE AT 8:00 PM

Take (1) one Gas-X 180 mg Tablet
Start drinking the second 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 UNTIL MIDNIGHT. ABSOLUTELY NOTHING BY MOUTH AFTER MIDNIGHT INCLUDING: CHEWING GUM, LOZENGES AND HARD CANDY UNLESS OTHERWISE DIRECTED BY YOUR PHYSICIAN.**