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MIRALAX PREPARATION FOR COLONOSCOPY

Purchase **Dulcolax (Bisacodyl 5mg) laxative tablets (4), Miralax (8.3 oz.), and light-colored Gatorade (64 oz.).** Follow the instructions listed below the day prior to the exam.

- On the day of your appointment someone must accompany you to the office or hospital.
- If you have a colostomy please bring an extra stoma bag. If you are a diabetic, please check with your physician regarding insulin and oral diabetic medication regimen.
- If you require antibiotics before going to the dentist or for a heart murmur, vascular disease, or joint replacement, please inform us.
- If you are taking an iron supplement, it MUST be discontinued (3) days prior to this procedure. If you are taking an anticoagulant it must be stopped (5-7) days prior to the procedure.

DAY BEFORE YOUR COLONOSCOPY Date: _____

1. Drink **ONLY CLEAR LIQUIDS** for breakfast, lunch, and dinner. **Clear liquids include**: Broth, coffee, tea, clear fruit juices (apple, white grape, white cranberry), clear sodas, light colored Gatorade, Jello, and popsicles.

Do not consume solid foods or dairy products the day before and up to your procedure. **NO RED OR DARK PRODUCTS! It is very important that you drink ONLY CLEAR LIQUIDS prior to your procedure.

2. In the morning, mix the 8.3 ounces of Miralax with 64 ounces of Gatorade, shake well and refrigerate.
3. At 3:00 PM take two (2) Dulcolax (Bisacody) tablets with water.
4. At 5:00 PM complete steps A and B below:
    a. Start drinking the Miralax solution until ½ the liquid is gone. You should drink (4) 8oz glasses, (1) every ten minutes until you have finished ½ the solution.
    b. Return remainder to refrigerator and maintain a CLEAR liquid diet until bedtime drinking at least 3 additional glasses of clear liquid throughout the day.
5. At 7:00 PM take two (2) Dulcolax (Bisacodyl) tablets. Drink at least 3 additional glasses of clear liquid before bedtime.
6. At 10:00 PM take the second prep dose:
    a. Start drinking the second ½ of the Miralax solution until all liquid is gone. You should drink (4) 8oz glasses, (1) every ten minutes until you have finished the solution.
    b. You may drink additional clear liquids until Midnight, but nothing after that.

If you have any questions about your preparation please call 419-732-6500