

## INSTRUCTIONS FOR COLONOSCOPY WITH MIRALAX

### You will need the following from the pharmacy:

1. Four (4) Dulcolax tablets. You will take these 2 hours prior to drinking the Miralax.
2. Two (2) 32 oz. bottles of Gatorade (any flavor except red or purple).
3. (1) 255 g bottle of Miralax.

Divide the Miralax powder in half between each of the bottles of Gatorade and mix thoroughly. Chill the Gatorade.

### Day before examination:

1. 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)

1.1.1.1 \* water

\* Clear broth or bullion

1.1.1.2 \*coffee or tea (without milk or non-dairy creamer)

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

1.1.1.1.1.1.1 \*Gatorade, carbonated and non-carbonated soft drinks, Kool-Aid, or other

1.1.1.1.1.1.2 fruit flavored drinks

\*plain Jell-O (without added fruits or toppings)

\*ice popsicles

- 2 **Evening:**

2. Start drinking the first Gatorade/Miralax mixture between 3 p.m. and 4 p.m.
3. Drink one (1) 8 oz. glass every 15-20 minutes until the bottle is completed.
4. If you start getting nauseated, stop for 15 mins then resume taking prep at a slower pace until finished.
5. **At 8 pm**, continue drinking the rest of the Gatorade/Miralax preparation until it is finished.
6. Bowel movements will continue periodically for approximately 1-2 hours after you finish drinking the last glass.

**NOTE** -Individual responses to laxatives do vary: this prep may cause multiple bowel movements. It often works within 30 minutes, but may take as long as three hours.

**DO NOT EAT ANY SOLID FOOD UNTIL THE EXAMINATION IS COMPLETED.**

**YOU MAY HAVE CLEAR LIQUIDS UP UNTIL MIDNIGHT.**

**ABSOLUTELY NOTHING AFTER MIDNIGHT UNLESS OTHERWISE DIRECTED.**

**YOU MUST AVOID IRON FOR ONE WEEK PRIOR TO THE EXAM!!!**