

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!!!