

GI_DE Miralax Colonoscopy Preparation



You must follow these instructions EXACTLY as they are written to achieve a successful prep.

For a colonoscopy your colon must be clear of any stool.

- Follow the below “pre-procedure diet” the day before your procedure.
- Buy your bowel preparation at least 5 days or as soon as possible before your colonoscopy.
- Do NOT mix the solution until the day before your procedure.

Supplies you will need:

- One 64 oz or 2 32 oz bottles of Gatorade®, Propel® or other non-carbonated clear liquid drink (No RED colors).
- Dulcolax® laxative tablets (not suppository or stool softener) you will need 3 tablets.
- Miralax® 238g (8.3 oz) powder or generic polyethylene glycol 3350 (you can find in the laxative section).

Day before your colonoscopy

- In a pitcher mix 8.3 oz Miralax® with the 64 oz of Gatorade®. Stir/shake the contents until the entire contents of Miralax® are dissolved.
- Chill if desired. Do NOT add ice, sugar or any other flavorings to the solution.

When To Drink Your Bowel Prep

- At 5pm take 3 tablets of Dulcolax® laxative pill with water by mouth.
 - At 7pm drink the first 1/2 of the Gatorade/Miralax solution. Drink one 8oz glass every 10 minutes.
 - **6 hours before your procedure** take second 1/2 of solution. Drink one 8 oz glass every 10 minutes until completed.
-

Pre Procedure Diet

WEEK OF PROCEDURE:

Avoid: Seeds, Nuts, Corn, and Fiber Supplements (Metamucil/Citrucel)

DAY BEFORE YOUR PROCEDURE:

Liquids:

It is important that large volumes (64oz before 7pm) of clear liquids be consumed the day BEFORE your procedure, up until midnight, to avoid dehydration.

Breakfast:

Choose ONE

- 1 - 2 eggs with a slice of DRY White Toast (No butter)
- 1 Buttermilk Pancake or Waffle w/ Syrup (if desired) (No butter)
- A small portion of skinless chicken, turkey or fish

Lunch & Dinner:

You may drink all the clear liquids you would like.

- Soft Drinks – Ginger Ale, Sprite, 7up.
- Gatorade/Kool Aid –NO RED.
- Strained fruit juice without pulp – Apple, White Grape, Lemonade.
- Water, Coffee Tea – NO MILK OR NON DAIRY CREAMER, sweeteners are ok.

- Soups – Low Sodium Chicken or Beef Bouillon/Broth.
- Desserts – Hard candies, Jell-O (NO RED or fruit toppings), Popsicles, Water Ice.

NO SHERBETS OR FRUIT BARS

THE PREP:

Your prep has been sent to your preferred Pharmacy. Please pick it up ASAP. You will begin at 7pm tonight

You may apply a topical ointment such as Preparation H or Anusol to your bottom to avoid irritation if needed.

DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT THE NIGHT BEFORE YOUR PROCEDURE

(Except for the liquids required of your bowel preparation)

DAY OF YOUR PROCEDURE:

YOU MUST FINISH DRINKING YOUR FINAL GLASS OF PREP AT LEAST 4 HOURS PRIOR TO YOUR PROCEDURE

NO GUM OR CANDY THE DAY OF YOUR PROCEDURE

If you have any questions about your Diet, Prep, or Procedure, please call our office.

(302) 832-1545