



## Miralax Colonoscopy Instructions

Please buy the following (no prescription needed):

- One 64-ounce or two 32-ounce bottles of Gatorade®, Propel®, Crystal Light® or other noncarbonated

clear liquid drink (no red colors). If you have diabetes, you may use sugar-free Gatorade.

- Dulcolax® (bisacodyl) laxative tablets 5mg (not suppository or stool softener, you will need 3 tablets for the prep).
- MiraLAX® 238 grams (8.3 ounces) powder or generic polyethylene glycol 3350 (can find in laxative section).

Procedure Instructions:

### THREE (3) DAYS BEFORE YOUR COLONOSCOPY

Avoid high-fiber foods -- such as popcorn, beans, seeds (flax, sunflower, and quinoa), multigrain bread, nuts, salad/ vegetables, fresh and dried fruit. Avoid fiber supplements -- such as Metamucil®, Citrucel®, or Konsyl®.

### ONE (1) DAY BEFORE YOUR COLONOSCOPY

Only drink clear liquids the ENTIRE DAY before your colonoscopy. Do NOT eat any solid foods. The clear liquids you can drink include:

- Water, apple, or white grape juice; fat free broth; coffee or tea (without milk or creamer); clear carbonated beverages such as ginger ale or lemon-lime soda; Gatorade® or other sports drinks (not red); Kool-Aid® or other flavored drinks (not red). You may eat plain jello or other gelatins (not red) or popsicles (not red).

Do NOT drink alcohol on the day before or the day of the procedure.



## When to Drink Your Bowel Prep

The day before your colonoscopy:

In the bottle of Gatorade or a pitcher mix the 8.3 ounces of MiraLAX<sup>®</sup> with the 64 ounces of Gatorade<sup>®</sup>. Stir/shake the contents until the entire contents of MiraLAX<sup>®</sup> are completely dissolved.

Chill if desired. Do NOT add ice, sugar or any other flavorings to the solution.

Step 1 The day before your appointment:

- Between 3p.m. and 5 p.m., take 3 tablets of Dulcolax<sup>®</sup> laxative pill with water by mouth.
- At 7 p.m., drink the first half of the Gatorade<sup>®</sup>/MiraLAX<sup>®</sup> solution. Drink one 8-ounce glass every 10 minutes.

Step 2.

The day of the colonoscopy (5 hours before your scheduled exam).

- Take the second half of the Gatorade<sup>®</sup>/MiraLAX<sup>®</sup> solution. Drink one 8-ounce glass every 10 minutes until completed.

You may continue to drink clear liquids up to 3 hours before the time of your exam. Nothing by mouth after that.