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BOWEL PREPARATION FOR COLONOSCOPY WITH MIRALAX

You have an appointment for colonoscopy on _____ at _____

A. During the week before your appointment:

1. Purchase MIRALAX (238 gram bottle) or generic from your pharmacy. No prescription is required.
2. You should stop taking plavix, aspirin, or NSAIDs (Ibuprofen, Motrin, Aleve) for 5 days prior to the procedure if your primary doctor or cardiologist agrees. If you are taking Coumadin (Warfarin), please contact your cardiologist for further instructions.
3. You should omit all iron preparations and indigestible seeds and fiber such as corn, all-bran, and poppy seeds for 3 days prior to the colonoscopy.
4. If you have diabetes, contact your primary physician or endocrinologist for instructions on management of your diabetes medications and diet.

B. On the day before your appointment:

1. You may have a light (low fiber) breakfast the morning prior to the procedure. Thereafter, you must drink clear liquids for the rest of the day. Please refer to the supplemental handout for a description of clear liquids. Continue to drink liquids throughout the day.
2. At 3 pm- take two Dulcolax laxative tablets with a glass of water.
3. At 6 pm- Mix a 238 gram bottle of Miralax (or generic) in 64 oz. of cold Gatorade***. Shake the solution until the Miralax is dissolved. Drink an 8 oz. glass every 15-20 minutes until gone (Approximately 1-1/2 - 2 hours)
4. Drink an additional 32-ounces of any clear liquid (without Miralax) over the next one to two hours.
5. At 9 pm- take two more Dulcolax laxative tablets with a glass of water. You can drink Clear fluids until midnight, but nothing by mouth after midnight, with exception of high blood pressure and/or heart medication if applicable

Dulcolax laxative tablets can be purchased over the counter, no prescription is required

*** YOU CAN SUBSTITUTE ANY CLEAR LIQUID FOR THE GATORADE ,SUCH AS ICED TEA, WATER, VITAMIN WATER***

C. On the day of the colonoscopy:

1. Do not have anything to eat or drink except your regular medicines with a little water. If you are a diabetic, do not take you diabetes medicines until after the procedure.
2. However, if your exam is in the afternoon, you may drink clear fluids until 5 hours prior to the exam.
3. On the day of the procedure you must be escorted home. You may not drive a car or operate machinery until the next day.

If you have any questions, you should contact our office.

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