

INSTRUCTIONS FOR COLONOSCOPY WITH MIRALAX PREP.

Purchase a bottle of **MiraLAX (238 grams)** and **4 Dulcolax oral (bisacodyl) tablets – 5mg each** (over the counter).

Purchase a **64 oz bottle of Gatorade**, any flavor or color **except red**, or you may use **Kool-aid, Crystal Lite** or any non-carbonated, non-alcoholic clear liquid.

PROCEDURE PREP (DAY BEFORE THE EXAM)

- Have only clear liquids to eat or drink
Clear liquids are any liquid that you can see through
Examples of clear liquid would be:
- Water, clear broth/bouillon, popsicles, black coffee, sodas, apple/grape/white cranberry juice, gelatin (not red colored), (no milk, cream or non-dairy creamer)
- Mix and stir the entire bottle of MiraLAX (238 grams) with the 64oz bottle of liquid in a separate container.
- The solution tastes better if it is chilled.
- At 2pm (the day before), start drinking the mixture. It will take 2 to 2 ½ hours to finish the solution.
- One hour after you are finished drinking the solution, take the 4 Dulcolax tablets at once with water. Continue to drink as much water as possible until bedtime.
- Notify the Gastroenterology Department if you have trouble with the preparation or if your stool is not getting clear.
- Any change in the preparations listed will be directed by the physician.

DAY OF EXAM

- Take your regular medications as you are instructed by the physician who is performing your colonoscopy.
- You may have *clear liquids up to two hours before the procedure.
- Since you are going to be sedated for the procedure, please make arrangements for someone to drive you home approximately 2 hours after you arrive. Patients that **do not** have an adult to accompany them home **WILL NOT** be able to undergo the procedure if sedation is used. If you decide to use a taxi, you will still need to be accompanied to your destination with another adult. After the procedure another adult must accompany you into your home. You cannot drive until the day after the procedure.

* Clear liquids are defined as any liquid you can see through.