

## Gastroenterology

# Miralax Colonoscopy Prep

### *Procedure Before Noon*

#### Purchase at the pharmacy:

- Two (2) bottles of Miralax (238 grams each)
- One (1) small box of Dulcolax Tablets (*purchase the laxative not the stool softener*)

#### Bowel Preparation Instructions:

1. The day before your colonoscopy, diet is to consist of CLEAR LIQUIDS ONLY (no solid food). Do not consume liquids that are red or purple in color. Do not consume milk products or juices with pulp. Clear liquids include: water, black coffee, tea, apple juice, white grape or cranberry juice, lemonade, sports drinks (Gatorade, PowerAde, etc.), clear beef, chicken or vegetable broth, Jell-O, popsicles, frozen sorbet, or Italian ice. Alcoholic beverages are not permitted.
2. At 5:00 PM the evening before your procedure, take one (1) Dulcolax tablet and 15 minutes later, take one (1) more Dulcolax tablet.
3. At 5:30 PM, begin drinking the Miralax prep. Mix one capful of Miralax powder with an 8-ounce glass of water or Gatorade. Drink a glass of Miralax prep mixture every 10-20 minutes until eight (8) glasses have been consumed. If you should become nauseated or feel too full, slow down, and consume the prep at a slower pace.
4. At 10:00 PM, take one (1) Dulcolax tablet and 15 minutes later, take one more Dulcolax tablet.
5. At 10:30 PM, drink another eight (8) glasses of prep – consumed in the same fashion as described above.
6. After midnight, consume nothing further by mouth except a sip of water for medications.

#### Prep Guide

	Dark and murky
	Brown and murky
	Dark orange and semi-clear
	Light orange and mostly clear
	Yellow and clear

Contact the on-call Gastroenterologist (941-262-0400) if any problems arise during the bowel preparation process.