

# MiraLAX Colonoscopy Prep

## Procedure After Noon

### • Purchase from the Pharmacy

- One (1) box of Simethicone (Gas-X) Extra-Strength 125mg oral soft gel capsules (over the counter)
- One (1) small box of Dulcolax Tablets (*purchase the laxative not the stool softener*)
- Two (2) bottles of MiraLAX (238 grams each)

### 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 7:00 PM** the evening before your procedure, take one (1) Dulcolax tablet and 15 minutes later, take one (1) more Dulcolax tablet.
3. **At 7:30 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 5:00 AM**, the day of the procedure, take one (1) Dulcolax tablet and 15 minutes later, take one more Dulcolax tablet.
5. **At 5:30 AM**, drink eight (8) more glasses of prep – consumed in the same fashion as above. At the same time, **take two (2) extra strength Simethicone (Gas-X)** oral soft gel capsules (250mg total).

**You MUST finish this process by 8:00 AM.**

⇒ ***You may continue to consume clear liquids until 4 hours before your procedure time. In all circumstances, consume nothing further by mouth within four (4) hours of your procedure time except for a sip of water for necessary medications. By way of example, if your procedure time is 2:00 PM, you may continue to consume clear liquids until 10:00 AM.***

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

### Prep Guide

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