



**PREP INSTRUCTIONS
FOR COLONOSCOPY
WITH MIRALAX**

YOUR COLONOSCOPY IS SCHEDULED FOR:

Date of Procedure: _____

Arrival Time: _____

Provider: _____

Facility Name/Address: _____

Phone: _____

Missed appointments or appointments that are cancelled without a 72 hour notice, may be subject to a fee.

PLEASE REVIEW THE INSTRUCTIONS AT LEAST 7 DAYS PRIOR TO THE PROCEDURE.

USE THESE PREPARATION INSTRUCTIONS. DO NOT USE ANY OTHER INSTRUCTIONS.



IT IS IMPORTANT THAT YOU FOLLOW THESE DIRECTIONS CAREFULLY AND COMPLETE THE ENTIRE PREPARATION TO ENSURE THE MOST EFFECTIVE CLEANSING.

- If you are taking blood thinners, insulin or oral medications for diabetes, please let our office know and call the prescribing physician for special dosing instructions.
- Please make sure that you have a responsible adult with you upon arrival at the facility. This adult must stay at the facility during the procedure and drive you home afterwards. You will be unable to drive due to the sedation you will receive. You may not take a Lyft, Uber or other public transportation to or from the facility.

YOU WILL NEED TO PURCHASE THESE ITEMS AHEAD OF TIME:

- 1 small box of Dulcolax/Bisacodyl tablets (you will need 4 tablets)
- One bottle of Miralax (8.3oz/238 grams)

7 DAYS PRIOR TO PROCEDURE

- Stop taking oral Iron supplements. Multivitamins are ok to continue

3 DAYS PRIOR TO PROCEDURE

- Stop eating raw fruits, vegetables, nuts, seeds and beans

2 DAYS PRIOR TO PROCEDURE

- You may have a regular diet all day, but eat a light dinner
- At bedtime- take 2 Dulcolax laxative tablets at bedtime (this will likely cause you to have a bowel movement in the morning)

1 DAY PRIOR TO PROCEDURE

- You may have clear liquids only
 - Examples include: water, black coffee (sugar is ok), tea, broth, soda, apple juice, Gatorade, Kool-Aid, Jell-O and popsicles
- DO NOT CONSUME ANY DAIRY PRODUCTS OR ANYTHING THAT IS RED, ORANGE, PURPLE OR BLUE
- It is important to drink additional clear liquids before starting and your prep, as well as during, to maintain adequate hydration

BEGINNING THE PREP

Step 1:

- Starting at 5pm, combine 7 capfuls of Miralax in 48oz of Gatorade or clear liquid – mix well
- Drink 8oz every 15 minutes until gone

Step 2:

- Continue drinking clear liquids throughout the evening

It is essential to drink the amount of liquid instructed. If you experience nausea, bloating or cramping, pause or slow the rate of drinking the additional water until symptoms diminish.

THE DAY OF THE PROCEDURE

Step 3:

- Starting 6 hours prior, combine 7 capfuls of Miralax in 48oz of Gatorade or clear liquid – mix well
- Drink 8oz every 15 minutes until gone

It is essential to drink the amount of liquid instructed. If you experience nausea, bloating or cramping, pause or slow the rate of drinking the additional water until symptoms diminish.

YOU MUST COMPLETE STEP 3 AND STOP ALL LIQUIDS 4 HOURS PRIOR TO YOUR ARRIVAL.