

TWO DAY MIRALAX PREP INSTRUCTIONS

BOWEL PREPARATION - DAY BEFORE/ AND DAY OF YOUR PROCEDURE

ITEMS TO PURCHASE PRIOR TO PROCEDURE OVER THE COUNTER - NO PRESCRIPTION REQUIRED

- **Two 238-gram bottles of MiraLax powder**
- **Four tablets of Dulcolax 5mg Laxative (not the stool softener)**
- **One 12-ounce bottle of Milk Of Magnesia (saline solution)**
- **Four 32-ounce bottles of Gatorade or Crystal Light (NEEDS to be green,yellow or clear)**

7 DAYS PRIOR TO THE PROCEDURE:

1. **PLEASE DISCONTINUE** all blood thinning and anti-inflammatory medications. This includes, but not limited to, Coumadin, Plavix, Iron supplements, Multi-Vitamins (Vitamin E) and Fish oil. Also discontinue any NSAID's (nonsteroidal anti-inflammatory drugs) such as, but not limited to, aspirin, aspirin type products, Ibuprofen, Aleve, Advil, etc. ****TYLENOL MAY BE TAKEN****
2. If your doctor has prescribed any of the medications listed above, please consult with your doctor before discontinuing.
3. If you are diabetic, check with your primary care doctor regarding diet and medication instructions.

3 days prior to the procedure:

1. AVOID- Corn, Nuts, popcorn, foods with seeds, and large amounts of red meat.
2. Drink plenty of liquids to be well hydrated. This will be helpful for the tolerance of the colonoscopy prep.

2 days prior to the procedure: SUN MON TUES WED THURS FRI

Do not drink alcohol

1. You may have a **light breakfast** (NO fried, greasy food or dairy) followed by strictly clear liquids.
2. **3:00 pm-** Drink the entire 10-ounce bottle of Milk of Magnesia. (May mix w/ sprite or ginger ale)
3. **4:00 pm-** Mix half of *one* of the bottles of MiraLax (about 7 scoops) in 32 ounces of Gatorade/Crystal Light. Shake the solution until dissolved. Drink 8 ounces (one glass) every 15 minutes until the solution is finished. (If you feel nauseated or full by drinking the solution then slow down and finish it before midnight)
4. **7:00 pm-** Take 2 Dulcolax laxative tablets by mouth with 8oz of a clear liquid.
5. **8:00 pm-** Repeat step 3.

Day before the procedure: SUN MON TUES WED THURS FRI

Do not drink alcohol

1. **Do not eat any solid food. ONLY consume clear liquids.**
2. **1:00 pm-** Mix half of the *other* bottle of MiraLax (about 7 scoops) in 32 ounces of Gatorade/Crystal Light. Shake the solution until dissolved. Drink 8 ounces (one glass) every 15 minutes until the solution is finished. (If you feel nauseated or full by drinking the solution then slow down and finish it before midnight)
3. **4:00 pm-** Take the remaining 2 Dulcolax laxative tablets by mouth with 8oz of a clear liquid.
4. **CONTINUE** clear liquids throughout the night.
****If the procedure is BEFORE 12:00 PM (NOON).** At **8:00pm** – Repeat step 2.

OR

****If the procedure is AFTER 12:00 PM (NOON).** 6 hours prior to your procedure time (day of procedure) – Repeat step 2.

NOTHING TO DRINK 4 HOURS PRIOR TO PROCEDURE TIME

Take your usual blood pressure and heart medication prior to fasting period. If you have asthma, please bring your inhalers with you.

Patients with Diabetes: Decrease Insulin dose by $\frac{1}{3}$ - $\frac{1}{2}$ on the day of the bowel preparation, and NO Insulin on the day of the procedure.

Patients on Oral Diabetic Meds: No oral Diabetic meds on the morning of the procedure.

You will need to be close to a bathroom. You will have progressively looser bowel movements over the next several hours. Individual responses to laxatives vary. This preparation will cause multiple bowel movements. Consider using **Vaseline, Aquaphor or diaper rash cream/zinc oxide** around the anal opening before starting the prep and after each bowel movement to minimize irritation from passing many bowel movements.

****Make arrangements for a responsible adult or medical transport to drive you home after your colonoscopy. You may NOT use a bus, taxi, or a rideshare application such as an Uber, without a responsible adult to accompany you to your home. You are NOT to drive for the remainder of the day. Please expect to spend up to 3 hours (from check in time) at the facility.**

CLEAR LIQUID DIET

Beverages:

Coffee (no cream)
Tea
7UP / Sprite / Ginger Ale
Apple Juice / White grape juice
Lemon-Lime Gatorade / Crystal Light
Lemonade

Soups:

Bouillon
Fat Free chicken broth
Clear Broth

Sweets & Desserts:

Honey
Sugar
Green/Yellow/White Popsicles
Butterscotch Candy
Hard Candy (Green, Yellow, or Clear)
Jolly Ranchers (Green, Yellow or Clear)
Jell-O (Plain, Lemon Lime, or Pineapple (no chunks))

**NO SOLID FOODS
CLEAR LIQUIDS ONLY
NO RED, PURPLE OR BLUE DYES**

Deviating from this diet will prevent adequate preparation of the colon for the exam and can result in needing to repeat the procedure at a later date.