

MiraLAX® Colonoscopy Preparation Instructions

INGREDIENT

- **MiraLAX or generic brands: One 238 grams (14 doses) bottle.**
- **Purchase prep over the counter – NO PRESCRIPTION NEEDED.**
- **Backup doses.** Purchase 2-6 extra 17 grams MiraLAX packets.
- **Dulcolax® (bisacodyl):** four 5-mg laxative tablets. Sold as box of 10.

PREPARATION

- **Water or Gatorade:** 64 ounces.
- **Use the colorless liquid to mix with the prep:** no red, orange, purple, or dark coffee colorings. Transparent liquid ensures good visualization of the colon wall.
- Mix 64 ounces of water or Gatorade with a 238-gram bottle of MiraLAX and refrigerate.
- The volume is equal to a total of eight 8-oz glasses.

STEPS TO ENSURE A CLEAN COLON

(1) TWO DAYS before your Colonoscopy

- Stop using iron if you are using the supplement.
- Eat lighter meals. Stop eating nuts, seeds, popcorn, tomatoes, peanuts, corn, berries, bread, or crackers.

(2) ONE DAY before your Colonoscopy (PREP DAY)

No Solid Food on PREP DAY until after colonoscopy

- Begin a clear liquid diet - no dairy products or creamers. Clear liquids include water, tea, apple juice, white grape juice, white cranberry juice, sports drinks, vitamin waters, Jell-O®, broth, and soda.
- During the daytime, try to drink at least six to eight glasses of clear liquid.
- **4:00 pm:** Take two 5-mg Dulcolax (bisacodyl) laxative tablets.

- **5:00 pm**, begin drinking the first four glasses of water-MiraLAX or Gatorade-MiraLAX mixture. Drink one 8-ounce glass every 15-20 minutes.
- **If you have diabetes** and taking insulin or using an insulin pump, use half your daily dosage today. If you take oral diabetic medications, take half the dosage you usually take. Otherwise, take your regular medications, including on the day of the exam. Please check with your doctor.
- **Please do not use colored liquid including coffee after starting bowel prep to ensure excellent view of colon during examination**

‘Slow Responder to bowel prep’

- A bowel movement will usually occur within 1-2 hours after the first glass of the Water-MiraLAX or Gatorade-MiraLAX mixture.
- **7:00 pm**, If there is still no response, you may take one or two additional glasses of MiraLAX (2x17gm mix with 8 oz water).
- It is best to down each whole glass. You may add ice to your drink.
- Please continue your clear liquid diet over the evening to remain hydrated.
- You may continue drinking the colorless liquid between drinks until 4 hours before the procedure.

(3)DAY of your Colonoscopy (PROCEDURE DAY)

- **Six hours before your colonoscopy start time**: Take 2 Dulcolax tablets 30 minutes before drinking the remainder of the MiraLAX mixture. Drink one 8-ounce glass every 15-20 minutes.
- **If your bowel is not clear**, you may use an extra dose of MiraLAX, two 17gm packets mixed with 8 oz water, or Gatorade as directed to clear the bowel.

EARLY HOUR PROCEDURES BETWEEN 7- 8 am

If your procedure starts between 7- 8 am, you may take the second half of 4 glasses starting at 9 pm the evening before the procedure day instead of within 6 hours.

STOP ALL FLUIDS BY MOUTH 2 HOURS before arrival to the Center