

## **MIRALAX BOWEL PREPARATION INSTRUCTIONS**

### **Purchase at your pharmacy:**

- \*TWO- 238 gram bottle of Miralax (non-prescription product)
- \*4 Dulcolax LAXATIVE tablets (non-prescription product)
- \*Milk of Magnesia
- \*You will also need 64 ounces of Gatorade, Kool-Aid, apple juice, or other clear liquid to mix your Miralax in. Avoid red, blue or purple colors.

### **TWO Days Before Your Procedure:**

Take 60ml of Milk of Magnesia (can be taken anytime during the day)

### **DAY BEFORE Your Procedure:**

The day before your colonoscopy you need to be on a CLEAR LIQUID DIET ALL DAY. Solid foods, milk, and milk products are not allowed. Clear liquids include all of the following: water, apple juice, white grape juice, clear broth, or bouillon, coffee, or tea (without milk, or creamer added), Gatorade, soft drinks, Kool-Aid or other flavored drinks, plain jello (without fruit or toppings), and ice Popsicles. Avoid clear liquids that are red, purple or blue colored.

**At 12pm**, take the 4 Dulcolax tablets with a glass of water

**At 1 PM**, mix one of the entire 238 gram bottle of Miralax in 64 ounces of clear liquid of choice. Shake the solution until the solution is dissolved. Begin drinking an 8 ounce glass every 10-15 minutes until all the solution is gone. Drinking the prep through a straw and chilling the solution may improve tolerance. If you develop nausea, take a break from drinking the solution for about an hour and then resume drinking at a slower pace.

**If by 6pm**, you are not having liquid bowel movements that are clear enough to see the bottom of the stool, mix the second bottle of Miralax in 64 ounces clear liquids and continue drinking until you have clear results.

**You may drink clear liquids until midnight prior to the exam. After this, nothing to eat or drink until after the colonoscopy is completed.**

You may take your thyroid or seizure pills with a small sip of water the morning of your procedure. **Please talk to the surgery staff if you take any blood pressure, heart rate and/or blood thinning medications so they can direct you holding certain medications. If you take weekly injections for diabetes and/or weight loss you will need to hold for one week prior to your procedure.** Please **do not** take your diabetic pills the morning of your procedure. If you take insulin in the evening/morning, please contact your provider for instructions on how to properly adjust your insulin.

**\*Turn page over for further instructions.**



\*If your admission time is **prior to 7:00am**, you may enter through the **Emergency door** and they will direct you to the surgery nurses station to check in. If your admission time is **after 7:00am**, please check in at the **main North entrance**.

You will have to have someone to drive you home. If you arrive without a driver, or someone we can call to come get you, your procedure will be cancelled

ANY QUESTIONS/CONCERNS PLEASE CALL THE SURGERY DEPT **402-207-1541**