

## COLONOSCOPY PREP - MIRALAX

MIRALAX (polyethylene glycol) is a non-prescription bowel preparation available at pharmacies and stores that sell pharmacy supplies. It is sugar free and gluten free. **YOU WILL NEED TO PURCHASE THESE ITEMS:**

- **Two - 64 ounce bottles of NON-RED Gatorade®**
- **One 238 Gm Bottle of MIRALAX®**
- **Biscodyl (Dulcolax) laxative tablets - you will need to take 2 tablets.** Do not buy the stool softener tablets or suppositories – it must be the laxative tablets. If you have questions, please ask the pharmacist.
- **If you have a tendency to be constipated or take medications that cause constipation, also purchase Milk of Magnesia to take 2 days before your scheduled colonoscopy.**
- Zinc oxide or Desitin® ointment may be used to protect your skin during the bowel preparation. Apply it before starting the bowel prep to prevent irritation to the rectal area.

**ON: \_\_\_\_\_ (2 DAYS BEFORE YOUR PROCEDURE):**

- **Stay on a low fiber diet.** Do not eat any beans, corn, peas, tomatoes, cucumbers, nuts or any food containing seeds such as poppy, sesame, or sunflower.
- Do not eat any foods containing flax or fish oil.
- **See the low fiber diet list.**
- **If you tend to be constipated – take one ounce of Milk of Magnesia on this day.**

**ON: \_\_\_\_\_ (1 DAY BEFORE YOUR PROCEDURE):**

- **DRINK ONLY CLEAR LIQUIDS – NO DAIRY AND NO SOLID FOOD UNTIL AFTER YOUR COLONOSCOPY.** You must be able to see through the liquid when held in a clear glass up to a light.
- **NO ARTIFICIALLY COLORED RED LIQUIDS OR RED JELLO. DO NOT USE RED GATORADE FLAVORS.**
- **See the clear liquid diet list**

### **MIRALAX MIXING DIRECTIONS:**

- On this day (one day before your scheduled procedure) mix the **HALF of the MIRALAX in one 64 ounce bottle of NON-RED Gatorade®.** Mix the **SECOND HALF of the MIRALAX in the second 64 ounce bottle of NON-RED Gatorade®.** Shake both bottles and refrigerate. It tastes better cold.
- **AT 4:00 PM TAKE 2 DULCOLAX® LAXATIVE TABLETS WITH A LARGE GLASS OF WATER**
- **AT 5:00 PM START DRINKING ONE OF THE GATORADE CONTAINERS MIXED WITH THE MIRALAX.** Drink 8 ounces every 15 to 20 minutes until gone. Shake the solution well before pouring each glass. If you feel bloated or full, take a break before starting the 7:00 PM doses.
- **At 7:00 PM START DRINKING THE SECOND GATORADE CONTAINER MIXED WITH THE MIRALAX.** Drink 8 ounces every 15 to 20 minutes until gone. Shake the solution well before pouring each glass. If you feel bloated or full, take a break but be sure to drink all of the solution before going to bed!
- Not completing the bowel prep or eating solid food may result in rescheduling your procedure. Results should be watery and without solid particles, however there may be a few flecks in the morning from the Dulcolax laxative. **ON THE DAY OF YOUR PROCEDURE: CLEAR LIQUIDS ONLY up until 2 hours before your procedure – NO SOLID FOOD** If you are also having an examination of your esophagus and stomach, stop drinking liquids 4 hours before your procedures.