

COLONOSCOPY PREPARATION INSTRUCTIONS – Miralax PM Prep

Patient Name: _____ Doctor: Dr. Bracher

Procedure Date: _____ Check-in at _____ a.m. /p.m. with procedure to follow one hour later.

Facility where procedure is to be performed: Southeast Valley Endoscopy Center

▪ **PURCHASE FROM THE DRUG STORE**

- Ducolax (Bisacodyl) 5mg tablets
- MiraLAX (Polyethylene Glycol) powder(255 gm) bottle
- **Purchase OTC** or **Prescription was sent to Pharmacy**
- 64 oz of Gatorade or water. (may also use sugar free Crystal Light)
 - If Gatorade is used please choose a light colored or clear flavor – no red, purple or blue.

▪ **FOR THE ENTIRE DAY BEFORE YOUR TEST, FOLLOW A CLEAR LIQUID DIET.**

NO SOLID FOODS MAY BE EATEN! We recommend that you drink at least 32 ounces of clear fluids before beginning the prep. Clear liquids include water, clear juice such as apple juice/white cranberry juice, tea, coffee, soda, clear broth, Jell-O, popsicles and Gatorade (**no red or purple products**). *Please do not consume milk, milk products, non-dairy creamer, or alcoholic beverages.*

▪ **NOTHING BY MOUTH 4 HOURS PRIOR TO YOUR CHECK-IN TIME – THIS INCLUDES WATER, MEDICATIONS, GUM AND MINTS.** You may continue to drink clear liquids up to four hours prior to your check-in time.

▪ **WHEN TO DRINK THE LAXATIVE SOLUTION:**

- **At 1:00 p.m. the day before your colonoscopy**, swallow the 4 Ducolax tablets.
- **At 3:00 p.m. the day before your colonoscopy**, mix the bottle of Miralax powder into the 64 oz of Gatorade, water or Crystal Light. Shake until the powder is dissolved. Drink the 64 oz of solution leisurely over approximately 4 hours. You may drink the solution a little slower if you become nauseated.
- After finishing the prep solution continue to drink plenty of approved fluids **up until 4 hours prior to your schedule appointment to keep hydrated.**

REMINDER: Nothing by mouth 4 hours prior to your check-in time.

- **Failure to follow these instructions could result in your procedure being postponed or cancelled. This is for your safety and to prevent an increased risk of pulmonary aspiration due insufficient time to allow stomach contents to be empty.**