

COLONOSCOPY TWO DAY PREPARATION INSTRUCTIONS –Miralax

Patient Name: _____ Doctor: _____

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 (OTC/NO PRESCRIPTION NEEDED)**

- Dulcolax (Bisacodyl) 5mg tablets
- MiraLAX Powder 8.3 oz (238 gm) bottle
- 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.

DAY # 1 – TWO DAYS BEFORE YOUR PROCEDURE:

- **For the entire day,** follow a full liquid diet only – smooth ice cream, milk, pudding, vegetable juice, fruit juice/nectar, liquid supplements (Boost, Ensure, Resource, Sustacal), soup (broth, bouillon, consomme´ and strained cream soups – **NO SOLID FOOD**).

DAY # 2 – THE DAY BEFORE YOUR PROCEDURE:

- **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, pulp-free juice, tea, coffee, soda, clear broth, Jell-O (no red or purple), popsicles (no red or purple) and Gatorade (no red or purple). *Please do not consume milk, milk products, non-dairy creamer, red or purple products or alcoholic beverages.*

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

- At 5:00 PM the day before your colonoscopy (Day 2) swallow the 4 Dulcolax tablets.
- At 7:00 PM the day before your colonoscopy (Day 2), 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.
- After finishing the prep solution continue to drink plenty of approved fluids up until 4 hours prior to your schedule appointment to keep hydrated.

- **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.

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.**