



**Preparation Instructions for Colonoscopy/MIRALAX**  
**Please read 2 weeks prior to the procedure**

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**Bowel Preparation:**

The bowel must be clean so that the physician can clearly view the colon. It is very important that you read and follow all of the instructions given to you for your bowel preparation well in advance of the procedure. Without proper preparation, the colonoscopy will not be successful and the test may have to be repeated.

**Medication Restrictions:**

- **STOP BLOOD THINNER MEDICATION \_\_\_\_\_, \_\_\_ days before procedure (\*contact your Cardiologist/PCP for instructions.)**
- **STOP IRON SUPPLEMENTS 5 days before the procedure**
- **DIABETIC PATIENTS: Stop all ORAL diabetes medications on \_\_\_\_\_. Contact your physician for instructions on taking your insulin.**

**Four (4) Days before Procedure:**

- **Avoid** skins (fruits and vegetables), nuts, seeds, salads and popcorn
- **Avoid** red colored juices, jello and red wine
- **Purchase** 1(one) **238** gram bottle of **MIRALAX** powder (generic is OK), a small box of **Dulcolax** tablets (laxative) and 2(two)-32 ounce bottles of **Gatorade** (any flavor except Red) **OR** 2(two)-32 ounce bottles of **water**.

**One (1) Day before Procedure:**

- Mix half of the **238** gram bottle of the **Miralax** into each bottle of Gatorade **OR** water. Shake well until powder is dissolved, then refrigerate.
- You may eat a light breakfast such as yogurt, toast, soup, eggs, or cereal.
- **AFTER** breakfast, you may have clear liquids **ONLY (see below), NO SOLID FOODS**
- At **5:00 P.M.** take **4 Dulcolax** tabs with a full glass of water or clear liquid of your choice.
- At **7:00 P.M.** drink the first bottle of the **MIRALAX** mixture, one 8oz glass every 15 minutes until finished

**IF YOUR PROCEDURE IS SCHEDULED BEFORE 9:00 AM**

At **9:00 P.M.**, drink the second bottle of **MIRALAX** mixture, one 8oz glass every 15 minutes until finished

**IF YOUR PROCEDURE IS SCHEDULED FOR 9:00 AM OR AFTER**

At **5:00 AM**, the morning of the procedure, drink the second bottle of **MIRALAX** mixture, one 8oz glass every 15 minutes until finished

- **ONLY CLEAR LIQUIDS AND THE PREPARATION ARE PERMITTED UNTIL 4 HOURS BEFORE YOUR SCHEDULED PROCEDURE TIME AND THEN NOTHING BY MOUTH**
- **The morning of the examination you should take any necessary medicines (heart, blood pressure, and seizure) with sips of water at least 4 hours before procedure, unless instructed otherwise by your physician.**

**Transportation:** Due to possible lingering effects from the sedation, you cannot drive for the remainder of the day following your procedure, and therefore, you must have a ride home. For your own safety you will not be discharged unless a responsible adult, over the age of 18, is present to either drive you home or accompany you in a taxi or public transportation. **A car service/taxi alone is not adequate.**

Clear Liquids: Water, broth, bouillon, apple juice, white grape juice, white cranberry juice, Jell-O (yellow or green), Coffee & Tea without milk or creamer, Sports drink, Gatorade, Kool-Aid (NOT RED) Italian Ice (NOT RED). <b>NO ALCOHOLIC</b> beverages the day before nor the day of your colonoscopy.
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