

MIRALAX COLONOSCOPY PREP

Purchase at the Pharmacy:

- Four Dulcolax laxative tablets (generic name Bisacodyl).
- 8.3 oz. bottle (238 grams) of Miralax
- One 64 oz. bottle or two 32 oz. bottles of CLEAR liquid: Gatorade, Crystal Light, or any non-carbonated clear liquid
- One 10 oz. (300 cc) bottle of magnesium citrate. Avoid cherry flavored magnesium citrate.

One Week prior to the exam discontinue iron supplements.

Five Days prior to the Exam:

Avoid seeds, nuts, corn, and any other forms of high fiber (whole wheat).

One Day Prior to the Exam:

You are only allowed to have **CLEAR LIQUIDS the whole day** before your colonoscopy.

Examples:

- lemon-lime or ginger ale sodas
- gelatin (NOT red or purple)
- apple juice
- ice popsicles (NOT red or purple)
- white grape juice
- coffee or tea (NO creamer or milk)
- broth
- water

At **3:00 pm** take four Dulcolax laxative tablets

At **5:00 pm** mix the entire bottle of Miralax into the 64 oz. of clear liquid (such as Gatorade or Crystal Light) that you purchased at the pharmacy. Shake the solution until the Miralax is dissolved. Drink an 8 oz. glass of this mixture every 30 minutes until the solution is gone. Continue drinking clear liquids until bedtime.

Day of the Exam:

Take one bottle (10 oz.) of magnesium citrate **4 hours** prior to your arrival time. You must be finished in **1 hour**.

NOTHING to eat or drink 3 hours before you arrive, not even water, gum, or candy.

MEDICATIONS:

If you take medications for your **blood pressure** or your **heart** in the morning, you are required to take them with a sip of water, at least 3 hours before your arrival on the day of your colonoscopy.

If you take **inhalers** or any **breathing treatments**, **do not skip** them the morning of your colonoscopy. On the morning of your colonoscopy, do not take any other medications unless your doctor told you to.

If you are **diabetic**, check your blood sugar before you leave the house for your colonoscopy.

If you take **blood thinners** or **diabetic medication**, be sure to get specific instructions from the staff about possibly stopping these medications. Each patient is different, so be sure to get your special instructions.