

## COLONOSCOPY MIRALAX PREP INSTRUCTIONS

Date of Procedure \_\_\_\_\_

- Grants Pass Surgery Center       Asante Three Rivers Medical Center

### ONE WEEK PRIOR TO PROCEDURE (starting \_\_\_\_\_)

- Please ensure you have a responsible adult to take you home after your colonoscopy.
- Purchase (available over-the-counter):
- MiraLAX 238 gm bottle
  - 64 oz (2 quarts) of a clear liquid, such as Gatorade/Powerade, Crystal Light, or juice. NO RED, PURPLE OR ORANGE COLORS. Keep at room temperature.
  - 4 Dulcolax 5 mg tablets
  - Stock up on additional clear liquids (see attached list).
  - Optional: Vaseline, A&D ointment, or Desitin to prevent skin irritation around the anus when prepping.
- For an easier prep, start a low-residue diet today (see attached list).

### ONE DAY BEFORE ( \_\_\_\_\_ ) You'll be notified of the exact time for your colonoscopy.\*

- Prepare the prep. Mix MiraLAX powder in 64 oz. clear liquid and shake until dissolved. Place in refrigerator.
- Eat a low-residue breakfast and lunch.
- The more liquids, the better. Try to drink 8 oz. every hour today.
- Clear liquids *only* after 3 p.m.
- Diabetics: please do not take Metformin today.
- 6 pm: Drink 64 oz. of the MiraLAX drink.** (Drink 8 oz. every 10–15 minutes, four times.) Save the rest of the bottle in the refrigerator.
- 8 pm: Take 2 Dulcolax tablets with a glass of water.**
- Drink as much water or other clear liquids as possible until bedtime.

### DAY OF PROCEDURE ( \_\_\_\_\_ )

(You will be notified of the exact time one day prior. Please calculate the times below accordingly. Also, please call before 4:30 p.m. on the day prior if you have not heard about your exact colonoscopy time.)

- 6 hours before**
- (If you have a morning colonoscopy, you may need to get up VERY early in the morning to drink this.)
- Take 2 Dulcolax tablets with a glass of water.
  - Drink the remaining 32 oz. of MiraLAX drink, 8 oz. glass every 10–15 minutes until finished.
- 4 hours before**
- Nothing more to eat or drink.
  - Only critical medications (if instructed) can be taken with a sip of water. Other medications can wait until after the procedure.
  - Diabetics: Please do not take insulin, diabetic pills, or Metformin on colonoscopy day.
  - See you soon!

**\*\*A clean colon is the key to a successful colonoscopy.\*\***