

Colonoscopy Prep Instructions

Miralax Prep Instructions

7 DAYS PRIOR TO YOUR PROCEDURE:

Stop taking iron. Multi-vitamins are ok.

3 DAYS PRIOR TO YOUR PROCEDURE:

Stop eating fruit/vegetables with skin (peel), nuts, seeds, popcorn and corn

1 DAY PRIOR TO YOUR PROCEDURE:

Do not use Marijuana, in any form (including edibles) 24 hours prior to procedure.

Drink at least 8 glasses of water, or any other clear liquid, during the day to avoid dehydration.

7:00 AM (Drink water or clear liquids):

- Examples of clear liquids are Gatorade, Pedialyte, Powerade, clear broth, coffee/tea (without milk or creamer), carbonated soda, Kool-Aid, fruit-flavored drinks, apple juice, Jell-O, popsicles, or honey.
- Examples of non-clear liquids are red or purple liquids, alcohol, milk or non-dairy creamers, noodles or vegetable soup, juice with pulp, or any liquids you cannot see through

12:00 Noon:

- Take 4 Dulcolax tablets.
- Mix each 28 oz bottle of Gatorade/Powerade with ½ the bottle of Miralax powder and refrigerate (DO NOT ADD ICE)

4:00 PM:

- Take 2 Dulcolax tablets.

6:00 PM:

- Drink one 28 oz. bottle of the Miralax/Gatorade mixture, drinking one 8oz glass every 15 minutes until gone
- Continue drinking clear liquids of your choice until bedtime.

DAY OF YOUR PROCEDURE:

4.5 hours prior to your scheduled procedure time.

- Drink the remaining 28 oz. bottle of the Miralax/Gatorade mixture, drinking one 8 oz glass every 15 minutes until gone (YOU MUST COMPLETE THE BOTTLE WITHIN 2 HOURS)
- You can continue to have clear liquids up until 2 hours prior to your check in time

NOTHING BY MOUTH 2 HOURS PRIOR TO YOUR CHECK IN TIME (THIS INCLUDES WATER, GUM, ICE MINTS, CIGARETTES)

You are ready for the exam if you followed all of the above instructions and your stool is no longer formed, but clear or yellow liquid.

The following medication/prep items will need to be purchased over the counter:

- (6) Dulcolax laxative tablets containing 5 mg of bisacodyl each (NOT stool softener)
- (1) 8.3 oz. (238 grams) bottle Miralax Powder
- (2) 28 oz bottles of Gatorade, G2, Gatorade Ice, Powerade or Powerade Zero (NOT red or purple)

For individuals diagnosed with diabetes:

- **DAY BEFORE PROCEDURE:** Check your blood sugar often while on clear liquids and prepping.
- **NIGHT BEFORE PROCEDURE:** Do not take your ORAL diabetes medication.
- **NIGHT BEFORE PROCEDURE:** If you are on INSULIN take 1/2 your normal dose.
- **MORNING OF PROCEDURE:** Do NOT take diabetes medications.

For individuals diagnosed with hypertension:

- **DAY BEFORE AND DAY OF PROCEDURE:** Take your regular high blood pressure medications

For individuals with a medical history of seizures:

- **DAY BEFORE AND DAY OF PROCEDURE:** Take your regular seizure medications

For individuals currently on anticoagulant/ blood thinner:

- We will contact you with instructions once we have approval from your provider.