

MIRALAX COLONOSCOPY PREP INSTRUCTIONS

You must obtain the medication from your local pharmacy prior to the day before your procedure.

- Dulcolax laxative tablets (20mg total dose - tablets available in 10mg and 5mg dosage)
- Miralax 238 gram bottle (14 day supply)

DAY BEFORE PROCEDURE

Drink only clear liquids for breakfast, lunch and dinner. Any of the liquids below are okay, as long as they are not colored RED or PURPLE or have dairy products in them:

- Strained fruit juices without pulp (apple, white grape, instant lemonade)
- Water
- Clear broth or bouillon
- Black Coffee or tea (WITHOUT MILK or NONDAIRY creamer)
- Gatorade (not RED or PURPLE)
- Soft drinks
- Plain Jell-O (without added fruits or toppings)
- Iced Popsicles (blue, green, yellow, orange or pink are okay)
- Kool-Aid (or other fruit-flavored drinks)

NOON (12:00PM) – take Dulcolax laxative tablets for a total of 20 mgm followed by plenty of fluid. You may take 4 each of the 5mgm laxative tablets or 2 each of the 10mgm laxative tablets.

2:00PM – mix the entire 238gram bottle of Miralax (14 day supply) into a 32 ounce bottle of Gatorade or Crystal Lite (Not RED or PURPLE in color) and refrigerate.

3:30pm - Begin drinking the Miralax mixture, 8 ounces every hour until finished.

Continue to consume clear liquids. Drink at least 64 ounces of clear liquids from this list during the day prior to the procedure. This helps to finish the preparation and avoids dehydration.

DAY OF PROCEDURE

IF YOUR PROCEDURE IS BEFORE 12 NOON YOU CANNOT HAVE ANYTHING BY MOUTH INCLUDING GUM AND HARD CANDY AFTER MIDNIGHT. IF YOUR PROCEDURE IS AFTER 12 NOON PLEASE CHECK WITH THE NURSING STAFF AT 410-494-1335 FOR FURTHER INSTRUCTIONS.

If you are taking medication, please follow these guidelines.

1. Stop taking aspirin 5-7 days prior to the procedure. If you are taking both plavix and aspirin, stop plavix 5-7 days prior to procedure and continue taking aspirin dosage recommended by your doctor.
2. Stop taking iron supplements 5-7 days prior to the procedure.
3. Stop Coumadin and all other blood thinners three (3) days prior to the procedure.
4. If you have diabetes (any type) AND you have questions regarding your medications you should contact the Physician who prescribed them. ***it would be a good idea, to have clear liquids with sugar on hand in case your blood sugar begins to drop.***
5. On the morning of the procedure, take all blood pressure and heart medications with a small sip of water.
6. If you take any other medications that are not listed above, take them as normal up until the day of your procedure.

If you have any questions about your procedure, the prep, or medications, please call the office at (410) 494-1315.