

COLONOSCOPY- Prep Instructions for Miralax Laxative Prep

Strict compliance with these instructions is necessary to avoid misdiagnosing and to ensure a safe and complete exam.

A clear liquid diet the day before your procedure, instructions on back.

About Miralax: Miralax is taken to clean your colon prior to your colonoscopy. This solution **DOES NOT** require a prescription. You may obtain Miralax at your local pharmacy or majority of the box stores. If you have difficulty finding Miralax Laxative and have not obtained your prep one week prior to your procedure, please call our office at (309) 451-1123 for assistance.

Miralax Laxative Instructions:

- You will need:
 - 4 Dulcolax (bisacodyl) 5mg tablets
 - 1 Container (238mg) Miralax Laxative
 - 2 bottles of CLEAR Gatorade

Start between 4:00 PM and 6:00 PM - Day Before Your Procedure (2 Dulcolax tablets, 119mg Miralax, & 64 ounces Gatorade):

1. Take 2 Dulcolax (bisacodyl) tablets by mouth with a glass of water.
2. Mix half the container of the **MIRALAX** Laxative into a 64-ounce CLEAR Gatorade drink.
3. Drink 8 ounces of the Miralax/Gatorade.
4. **Wait 10 minutes.**
5. **Repeat steps 1-3 every 10 minutes until you have consumed the entire 64 ounces.**
 - ❖ **Continue to drink 16 oz. of clear liquid every hour until bedtime.**

The Day of Your Scheduled Procedure (Continue to drink the rest of Miralax, & Gatorade until gone):

Procedures scheduled Before 11:00 AM – Start Prep at 3:00 AM
After 11:00 AM – Start Prep at 6:00 AM

1. Repeat steps 3-4 as you did the day before.
 - ❖ **Stop ALL LIQUIDS 2 hours before your procedure.**

Please continue to drink plenty of clear liquids but stop ALL LIQUIDS 2 hours before your arrival time.

Please be aware: Your stools should be light yellow to clear with no solid particles prior to coming to Gastrointestinal Institute.

If you have any questions or concerns regarding this prep, please call the triage nurse at (309) 451-1123 for further guidance.