



## **COLONOSCOPY PREP INSTRUCTIONS (MIRALAX)**

**PREP CONTAINS:** 2 Bisacodyl tablets(5mg laxative), 1 bottle PEG 3350 (8.3 oz generic for Miralax) and 1 bottle of Magnesium Citrate (10 oz).

**YOU MUST PURCHASE 64 OZ BOTTLE OR TWO 32 OZ BOTTLES OF GATORADE REGULAR, G2, OR POWERADE (NOT RED – NOT POWDERED)**

**\*\*YOU WILL NOT BE ALLOWED TO DRIVE YOURSELF HOME\*\***

### **5 days before your procedure:**

- **Discontinue fiber supplements or medications containing iron; follow your physician instructions regarding aspirin, Plavix, or anticoagulation medicines (e.g. Coumadin)**
- **Patients should continue all other medications unless instructed by their physician.**

### **3 days prior to your exam:**

- **Stop eating high fiber foods (including nuts, corn, popcorn, raw fruits, vegetables, and bran).**

### **1 day prior to your exam:**

**Refrigerate the Gatorade/Powerade if you wish to drink it cold.**

**BEFORE 10 AM you may have ONE of the following items for breakfast:**

- **One egg**
- **A piece of white toast**
- **A can of Ensure (do not use EnsurePlus)**

**After breakfast begin clear liquid diet (no red liquids or alcohol)**

- **Drink 6-8 glasses of water during the day**
- **Coffee or Tea (no milk)**
- **Clear broth or bouillon**
- **Carbonated or non-carbonated soft drinks**
- **Fruit juices without pulp**
- **Jell-O, popsicles, hard candy**

**Between 4pm and 6pm: Take 2 Bisacodyl tablets**

**Between 6pm and 8pm:**

- **Mix 1 bottle of PEG 3350 (generic for Miralax) with 64 oz of Gatorade or Powerade in a large pitcher**
- **Drink 1-8 oz. Glass of Gatorade or Powerade/PEG 3350 (generic for Miralax) solution every 15-30 minutes until the mixture is gone.**

**Day of your exam:** Take all of your morning medications **no later than 4 hours** prior to your procedure time.

**5 hours before your procedure:**

- **Drink the 10 oz. Bottle of Magnesium Citrate.**

**4 HOURS PRIOR TO PROCEDURE STOP DRINKING ALL LIQUIDS**