



## MIRALAX BOWEL PREPARATION INSTRUCTIONS

### **Purchase at your pharmacy:**

- \*One 238 gram bottle of Miralax (non-prescription product)
- \*4 Dulcolax tablets (non-prescription product)
- \*Milk of Magnesia

\*You will also need 64 ounces of Gatorade, Kool-aid, apple juice, or Tange to mix your Miralax in. Avoid red, blue or purple colors of Gatorade or Kool-aid.

### **TWO Days Before Your Procedure:**

Take 3 tablespoons of Milk of Magnesia (can be taken anytime during the day/evening)

### **DAY BEFORE Your Procedure:**

The day before you colonoscopy you need to be a CLEAR LIQUID DIET ALL DAY. Solid foods, milk, and milk products are not allowed. Clear liquids include all of the following: water, apple juice, white grape juice, clear broth, or bouillon, coffee, or tea ( without milk, or creamer added), Gatorade, soft drinks, Kool-aid or other flavored drinks, plain jello (without fruit or toppings), and ice Popsicles. Avoid clear liquids that are red, purple or blue colored.

**At 3 PM**, take the 4 Dulcolax tablets with a glass of water

**At 4 PM**, mix the entire 238 gram bottle of Miralax in 64 ounces of Gatorade, apple juice, Tang, Kool-aid. Shake the solution until the solution is dissolved. Begin drinking an 8 ounce glass every 10-15 minutes until all the solution is gone. Drinking the prep through a straw and chilling the solution may improve tolerance. If you develop nausea, take a break from drinking the solution for about an hour and then resume drinking at a slower pace.

**You may drink clear liquids until midnight prior to the exam. After this, nothing to eat or drink until after the colonoscopy is completed.**

**Please take any routine heart and/or blood pressure pills, along with any thyroid or seizure medications that you may take upon waking the morning of your procedure.**

\*If your admission time is **prior to 7:00am**, please use the **Emergency Room entrance** to enter the facility. If your admission time is **after 7:00am**, please check in at the **main North entrance**.\*

You will have to have someone to drive you home. If you arrive without a driver, or someone we can call to come get you, your procedure will be cancelled

ANY QUESTIONS/CONCERNS PLEASE CALL THE SURGERY DEPT  
402-879-3281 EXT 463