

# Colonoscopy Prep Instructions

(Miralax Prep, after 10:00am)

## Items you will need for your Prep:

1. Dulcolax laxative tablets- can be purchased over-the-counter
2. Miralax- (2- 255 gram or 15 dose bottles) - called into pharmacy or can be purchased over-the-counter
3. Gatorade- (2- 32 oz. bottles) **any color EXCEPT red or purple** (*\*diabetic patients should use diet Gatorade, G2*)

## The day before your procedure:

**\*Diabetic patients:** \*Take only **half** of your usual diabetic medication in the morning. Do not take any more diabetic medication until after your procedure the next day. Also remember to mix your Miralax with diet Gatorade, G2.

**No solid food at all:** You can have beef, chicken or vegetable broth. You can also have plain Jell-O or popsicles (**any color EXCEPT red or purple**). Do not eat anything other than what is listed here.

**Clear liquids only:** Gatorade, apple or white grape juice, soft drinks (**any color EXCEPT red or purple**). You may also have tea or coffee but **NO** cream or milk. Sugar/artificial sweeteners are okay.

At 12:00pm noon: Take 4 Dulcolax laxative tablets

At 5:00pm: Mix the first half of your prep- Mix 1 bottle of Miralax into 32 ozs of Gatorade. Drink 8 ozs every 15 minutes until gone. You can continue clear liquids until midnight.

## The morning of your procedure:

• NO FOOD OR DRINK AT ALL EXCEPT THE REST OF YOUR PREP.

• **At 5:30am:** Mix the second half of your prep- Mix 1 bottle of Miralax into 32 ozs of Gatorade. Drink 8 ozs every 15 minutes until gone. When you are finished with the prep, your bowel movements should be liquid and mostly clear. **At this point you can have nothing else to eat or drink until after your procedure-** not even water, gum or candy.

• If you normally take heart or blood pressure medications in the morning, take them with a very small sip of water.

\*Miralax disclaimer: While Miralax is deemed a safe medication, there are potential side effects. These include but are not limited to: nausea, vomiting, bloating, abdominal pain and/or diarrhea.

There are two parts to the prep which include the entire bottle(s) of Miralax. If at any time you become too nauseated or start to vomit, you can slow down the frequency of consumption. The prep schedule can be altered if you need to start earlier to allow for more time to consume the prep. The goal is to have your stools clear to near clear. Most patients will attain this goal while drinking the second half of the prep. Following the prep instructions is required in order to have your colonoscopy.

If you have any questions about how you are tolerating the prep, please call our office at (615)896-6996.