

COLONOSCOPY [Miralax Prep]

ALL "BLOOD THINNING" MEDICATIONS (i.e. Aspirin, Motrin, Ibuprofen, Naprosyn, Coumadin, Warfarin, Plavix, Fish Oil, etc.) SHOULD BE STOPPED SEVEN (7) DAYS PRIOR TO YOUR COLONOSCOPY. If not, call your physician.

MIRALAX PREP

You will need to purchase the following over-the-counter, no prescription required.

- One bottle of Miralax powder 238g
- 4 Dulcolax laxative tablets
- 64 oz. of Gatorade OR Crystal Light (clear, orange or yellow)
- One Fleet Enema

DRINK ONLY CLEAR LIQUIDS FOR THE ENTIRE DAY BEFORE YOUR TEST

EXAMPLES OF CLEAR LIQUIDS (NO RED FLAVORS)

- Tea without fresh lemon
- Coffee without cream
- Apple juice, white grape juice
- Gatorade (clear, orange or yellow)
- Kool Aid (clear, orange or yellow)
- All soft drinks
- Jell-O (clear, orange or yellow)
- Kool Aid type popsicles (clear, orange or yellow)
- Bouillon Chicken or Beef (please use the cube type only and no more than 3 for the entire day)

Do not have any dairy products, solid foods or alcoholic beverages

At 3:00 PM – Take all 4 Dulcolax laxative tablets with 8 oz of water

At 7:00 PM – Mix the entire bottle of Miralax powder with 64 oz. of refrigerated Gatorade, Crystal Light or water. Shake or stir until clear. Drink 8 oz. every 15 minutes until you have consumed the entire 64 oz. If you get nauseated take a break for 30 minutes then resume your prep. Continue your clear liquid diet until midnight.

Fleet Enema the morning of your procedure

DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT.

You must come in fasting the morning of your test.

You must have someone bring you to your colonoscopy, stay during the procedure and drive you home. If no one arrives with you, your colonoscopy will be rescheduled. If you eat or drink anything the day of your colonoscopy, your colonoscopy will be rescheduled.

