

## **MIRALAX PREPARATION**

### **THE DAY BEFORE YOUR PROCEDURE:**

Have a light breakfast.

At 3:00 p.m. take 4 Dulcolax tablets

At 5:00 p.m. mix the 238 gram bottle of Miralax in 64 oz of Gatorade, shaking the solution until the Miralax is dissolved.

Drink 8oz glass every 10-15 minutes until the solution is gone.

Continue drinking clear fluids until the time of your colonoscopy.

**\*\* YOU MUST DRINK A LOT.**

**HYDRATION IS ESSENTIAL FOR THE SAFETY AND EFFICACY OF YOUR PREP.\*\***

### **THE DAY OF THE PROCEDURE:**

If you take medication, you take it on the morning of the procedure

Arrive at the Endoscopy Center 45 minutes prior to your procedure.

**YOU MUST NOT PLAN TO DRIVE YOURSELF HOME - if you do not have a ride the procedure will be cancelled.**

### **CLEAR LIQUID DIET - ONLY THESE FOODS ARE ALLOWED:**

Soups: Clear bouillon, broth or consommé

Beverages: Tea, coffee, decaffeinated tea/coffee, Kool-Aid, soda, Gatorade

Juices: Cranberry, apple and grape juice

No milk or creamer

**ANY JUICE YOU CAN SEE THROUGH AND HAS NO PULP IS ACCEPTABLE.**

**DESSERT:** Water ices, Italian ices, popsicles, Jello