



Miralax Preparation for Colonoscopy (With Constipation)

Name _____ Date _____ Arrival Time _____

Physician _____ Location: _____

- **DO NOT TAKE PHENTERMINE FOR 7 DAYS DAYS BEFORE YOUR PROCEDURE**
- **DO NOT TAKE IRON FOR 5 DAYS BEFORE YOUR PROCEDURE**
- **IF YOU TAKE ASPIRIN DAILY, DO NOT STOP IT BEFORE YOUR PROCEDURE**
- **DO NOT SMOKE ON THE DAY OF YOUR PROCEDURE, INCLUDING SMOKING TOBACCO, ELECTRONIC CIGARETTES, MARIJUANA, CIGARS, AND/OR PIPES**

Special Medication Instructions: _____

Purchase two 64 ounces bottles of non-red, non-purple Gatorade (clear is preferable), a 340 gram bottle of Miralax (PEG-3350) powder over the counter, and 20mg of Dulcolax (Bisacodyl) over the counter at your pharmacy. All pharmacies have a generic version of Miralax (Polyethylene Glycol) that will be cheaper than the brand. If you are diabetic, you should use the G2 version of Gatorade as it has significantly fewer carbs.

Starting 6 days before your procedure:

Take one (17gm) dose of Miralax mixed with 8 ounces of liquid of your choosing, twice daily for 5 days before your prep day. Do NOT eat high fiber foods, such as popcorn, beans, seeds (flax, sunflower, quinoa), multigrain bread, nuts, salad/vegetables, or fresh and dried fruit. Continue down to instructions below for the day before your colonoscopy.

On the day before your colonoscopy (as soon as you wake up):

1. Begin a clear liquid diet.

On your clear liquid diet you may have:

Coffee (no cream)

Tea

Clear fruit juice (apple/white grape)

Soft drinks (not red or purple)

Popsicles (not red or purple)

Water

Jell-O (not red or purple)

Gatorade (not red or purple)

Lemonade (no pulp)

Clear broth (chicken or beef)

2. Mix eight 17gm capfuls of Miralax into one 64 ounce bottle of Gatorade. Refrigerate the mixture.

3. At 4pm take 10mg of Dulcolax (Bisacodyl). Then at 5pm, drink an 8 ounce glass of the Miralax/Gatorade mixture. Drink an 8 ounce glass every 15 minutes until you have finished drinking the entire 64 ounces.

4. Mix eight 17gm capfuls of Miralax with the remaining 64 ounce bottle of Gatorade. Refrigerate the mixture overnight.

On the day of your colonoscopy:

1. Four hours before your arrival time, drink an 8 ounce glass of the Miralax/Gatorade mixture. Repeat this every 15 minutes until you have finished the entire 64 ounces.

2. As soon as you finish drinking the remaining 64 ounces, take 10mg of Dulcolax (Bisacodyl).

- **DO NOT DRINK ANY LIQUIDS FOR AT LEAST 2 FULL HOURS BEFORE YOUR ARRIVAL TIME**
- **YOUR DRIVER MUST STAY AT THE CENTER FOR YOUR ENTIRE APPOINTMENT**

Call nursing at (919)791-2040 with any questions.