

PREPPING FOR YOUR COLONOSCOPY WITH MIRALAX

CLEAR LIQUID DIET THE ENTIRE DAY PRIOR TO YOUR PROCEDURE (SEE PAGE1)

The morning prior to your procedure:

- After your morning liquid breakfast, take 4 Dulcolax laxative tablets

The evening prior to your procedure:

6:00 pm:

- Mix the entire 238 gram bottle of Miralax into 64 oz. of water, gatorade or crystal light lemonade.
- Drink 32 ounces of mixture within 1-2 hours.

9PM: Extra prep:

- *IF you are not having progressively clear liquid bowel movements by 9 pm, mix and drink 1 dose of miralax every 15 minutes X 4 doses. (1 capful mixed with 8 oz of water)*
- *IF you're not passing clear to yellow liquid by 10 pm, drink another 3 doses of miralax*

The day of the procedure:

5 Hours Prior to Procedure:

- Drink the remaining 32 ounces of premixed miralax within 1 hour.

NOTHING by mouth 4 hours before your procedure time, INCLUDING WATER!

IMPORTANT- Please note that females of childbearing age or 55 and under will be required to provide a urine sample for a pregnancy test at the time of check-in. If you are unable to provide a urine sample the procedure will be canceled.

Excellent or good bowel preparation is essential for correct diagnosis and further endoscopic management. Below are examples of prepping for your colonoscopy correctly and the results this has on the visibility by the physician during your colonoscopy. The end goal is for your bowel movements to be clear to clear yellow.

- Example A shows excellent or good bowel preparation
- Example B shows fair colon preparation
- Example C shows poor colon preparation

