

Colonoscopy Prep

DO NOT EAT OR DRINK ANYTHING COLORED RED or PURPLE!

3-4 DAYS PRIOR TO COLONOSCOPY GET DULCOLAX TABLETS AND GET PRESCRIPTION FILLED FOR MIRALAX PREP.

Individual response to laxatives varies. This prep often works within 30 minutes but may take as long as 3 hours.
Remain close to a toilet as multiple bowel movements may occur.

PREPARING THE MIRALAX PREP THE DAY BEFORE COLONOSCOPY:

Mix HALF of the Miralax (255 gram bottle) in EACH 32 ounce Gatorade bottle (2 bottles) until dissolved and keep cold in the refrigerator.

INSTRUCTIONS FOR EATING AND DRINKING THE DAY BEFORE COLONOSCOPY:

MORNING: May have a light breakfast*
Drink all of the clear liquids** you like

LUNCH: Continue drinking all of the clear liquids** you like

AFTERNOON: Starting at 4pm
• Take 4 dulcolax tablets with water, continue with clear liquids**
• At 6 pm begin drinking the Miralax/Gatorade solution over the next 1-2 hours until 1st bottle is gone

DAY OF COLONOSCOPY:

4-5 Hours before the procedure take the 2nd bottle of the Miralax/Gatorade solution until gone.

May drink Miralax/Gatorade solution up until 3 hours prior to scheduled procedure time.

NOTHING TO EAT OR DRINK AFTER MIDNIGHT OTHER THAN MIRALAX PREP

* LIGHT BREAKFAST INCLUDES:

- Any items from the “clear liquids diet list”
- One boiled or poached egg or small portion of skinless chicken/turkey or fish
- White toast - **NO BUTTER**
- One 8 oz can of ensure - **DO NOT TAKE ENSURE PLUS**

* CLEAR LIQUIDS DIET LIST:

- Soft drinks (orange, ginger ale, cola, Sprite, 7-Up, etc) Gatorade, Kool-aid (**NO RED or PURPLE**)
- Strained fruit juices without pulp (apple, white grape, orange, lemonade, etc.)
- Water, tea or coffee (**NO MILK or NON-DAIRY CREAMER**)
- Soups: fat-free, low-sodium chicken or beef bouillon/broth
- Desserts: hard candies, popcicles, Italian ice (**NO SHERBETS or FRUIT BARS**)

YOU WILL NEED TO DRINK PLENTY OF FLUIDS AFTER THE PROCEDURE AND BEFORE RETIRING FOR THE NIGHT (AT LEAST 8 OZ, 6 TIMES)