

****You Need a Driver**
****Facility will call you the day before with an arrival time**

Date of Procedure: _____

COLONOSCOPY PREP WITH MIRALAX

This is the most important step in preparing for your colonoscopy. The bowel must be clean so that the surgeon can clearly view your colon. It is very important that you read and follow all of the instructions for the bowel preparation well in advance of the test. Without proper preparation, the colonoscopy may not be successful. **If you are taking Coumadin or Plavix, please let the surgeon or nurse know.**

STEP 1: SEVERAL DAYS BEFORE YOUR COLONOSCOPY

1. Ensure that you have purchased one 8.3 ounce bottle of MiraLAX (polyethylene glycol 3350), and one 64-ounce bottle of a sports drink (such as Gatorade or Powerade). **No red or purple colored drinks.**
2. Make sure to have on hand several of the choices from the clear liquid diet list below.

STEP 2: THE DAY BEFORE YOUR COLONOSCOPY

Date: _____

Upon waking: Begin clear liquid diet, listed below. **Do not drink anything red or purple.**

Throughout the day: Drink plenty of fluids from the clear liquid list below. It is important to stay hydrated.

8:00 a.m. Mix the entire 8.3 ounce bottle of MiraLax into the 64 ounce sports drink, shake until the MiraLax is dissolved. Chill if desired.

10:00 a.m. Take your two Bisacodyl tablets.

2:00 p.m. Give your MiraLAX sports drink bottle another shake. Drink 8 ounces every 10-15 minutes until solution is completely gone.

Nothing by mouth after midnight.

CLEAR LIQUID DIET LIST

Water, chicken or other broth, ginger ale, coffee or tea without milk, clear carbonated or non-carbonated soft drinks, sports drinks, popsicles, jello (**no red or purple**).

NON-ALLOWED

Solid foods, orange or tomato juice, cream soups, soups other than clear broth, milkshakes.