

Colonoscopy Prep, Miralax

Please follow these instructions carefully or your procedure may be cancelled.

One week before procedure: _____

Stop taking iron supplements, vitamins containing iron, and fat free foods containing olestra/olene. (Example: "WOW" chips) *Check the food labels.*

Five days before procedure: _____

Do not eat cabbage, corn, beans, lettuce, seeds, and nuts. Stop taking bulk forming agents such as Metamucil®, Fibercon®, Citrucel®, Konsyl®, or Colon Care® capsules.

One day before procedure: _____

Follow a clear liquid diet for the entire day.

These liquids are considered clear:

Broth/bouillon

Coffee/tea (sweetener is allowed, but no cream or milk)

Carbonated beverages (Coke, Pepsi, Sprite, Root Beer, etc.)

Clear fruit juices (apple, grape, and cranberry – NO nectars, prune, tomato or pulp-containing juices.)

Fruit ice/sorbet/Popsicle™

Gatorade™

Hard candy

Jell-O™ (avoid red)

Evening before procedure: _____

(Please follow these instructions. They may differ slightly from what the pharmacy or the Miralax®/Glycolax label says.)

At 3:00 p.m. Take 4 Dulcolax/Bisacodyl Tabs

At 5:00 p.m. begin drinking Miralax prep. This will cause you to have diarrhea. Mix 238 gram bottle of Miralax/Glycolax in 64 oz. Gatorade (any flavor), clear fruit juice (apple, grape, cranberry), KoolAid (any flavor), or Crystal Lite. Shake solution until Miralax/Glycolax is dissolved.

Drink one 8-ounce glass (1 cup) of the prep every 30 minutes until solution is gone. If you start feeling full, wait 60 minutes before starting prep again. (Usual prepping time is 4-6 hours).

It will be necessary to drink all of the contents of the container to assure your colon is clean. You should be able to see through your stool, although it may still have a slight yellow tint.

It is important to continue drinking clear liquids even after you have finished the Miralax.

4 hours before: Take nothing by mouth for 4 hours before your procedure. You may still take your medications with a sip of water.