

MIRALAX

It is IMPORTANT that you read these instructions well in advance and follow them completely to ensure a successful exam. It is critical for you to thoroughly clean out your colon. Stool remaining in the colon can hide polyps or other abnormalities.

WHAT YOU WILL NEED:

238gm bottle of Miralax,
 (4) - 5mg Dulcolax Tablets,
 you do not need a prescription.

(1) 64 oz bottle of Gatorade, Powerade, or Propel
 (Nothing red or Purple)

TO PREPARE:

In the morning mix in a pitcher the 64 oz bottle of sport drink and the entire bottle of Miralax powder then refrigerate.

	DAY BEFORE your procedure	DAY OF Your procedure
DIET	<ul style="list-style-type: none"> • NO SOLID FOOD THE ENTIRE DAY • NO ALCOHOL or any recreational drugs. • Drink clear liquids all day such as water, sports drinks, tea or black coffee (no milk or cream), broth, apple or white grape juice, soda's, jello, or popsicles. Nothing red or purple. <p>*Follow a low fiber diet: avoid seeds, nuts, corn, salads, and lettuce 3 days prior to procedure.</p>	<ul style="list-style-type: none"> • You can drink clear liquids up to 4 HOURS before your Procedure. • Do not use any form of tobacco or nicotine products <u>4 hours</u> before your test. • Remove contact lenses and all body piercings. • Medications may be taken <u>4 hours</u> prior to your procedure.
	PROCEDURE SCHEDULED BEFORE 1:00 pm	PROCEDURE SCHEDULED AT OR AFTER 1:00 pm
PREP	At 3:00 pm day before procedure: take 4 Dulcolax tablets	At 3:00 pm day before procedure: take 4 Dulcolax tablets.
	At 5:00 pm day before procedure: Start drinking the Miralax/Sports drink preparation, one 8 oz. glass every 10-15 minutes until gone.	At 5:00 pm day before procedure: Start drinking the Miralax/Sport preparation, one 8 oz. glass every 10-15 minutes until $\frac{1}{2}$ the container is gone
		At 6:00 am DAY OF procedure: drink remaining $\frac{1}{2}$ of the Miralax/Sports prep, one 8 oz glass every 10-15 minutes until gone.

TIPS: Colder fluid will be tolerated better. Pour over ice and sip with a straw. If you become bloated or nauseated take prep Slower (every 30-60 minutes).