MITCHELL ENDOSCOPY CENTER

MIRALAX PREP INSTRUCTIONS

READ & FOLLOW ALL INSTRUCTIONS – PLEASE CALL (804)282-3114 WITH QUESTIONS

SUPPLIES NEEDED:

- **4 (5mg) tablets of bisacodyl (Ducolax). These are sold in a box of 10 tablets.**
- **1 (238GRAM) BOTTLE OF MiraLAX. This is the 8.3oz bottle of MiraLAX.**
- **64oz of any clear liquid – NOT RED, PURPLE or ORANGE. A sports drink like Gatorade or Powerade is the best choice. If you have diabetes, be sure to get a sugar-free clear liquid.**

3 DAYS BEFORE YOUR COLONOSCOPY:

1. **Stop** iron pills or medications that can cause bleeding such as Coumadin, aspirin, Percodan, Plavix and Alka-Seltzer.
2. **DO NOT TAKE** any anti-inflammatory drugs including Empirin, Ecotrin, Bufferin, Ascriptin, Ibuprofen, Motrin, Advil, Medipren, Nuprin, Naproxen, Naprosyn, Sulindac, Clinoril, Piroxicam, Feldene, Indomethacin, Indocin, Diclofenac and Voltaren. **YOU MAKE TAKE** Tylenol and other brands which contain acetaminophen.
3. **DO NOT EAT** nuts, peanuts, sunflower seeds, fruits or vegetables with seeds. Seeds will remain in the colon even after the preparation. **DO NOT EAT** potato chips with Olean or Olestra.

. THE DAY BEFORE YOUR PROCEDURE: Begin a CLEAR LIQUIDS ONLY diet. DO NOT DRINK ONLY WATER

- **MIX all 238grams of MiraLAX powder with 64oz of room temperature Gatorade until the MiraLAX powder dissolves. Once the MiraLAX is dissolved, you can put the mixture in the refrigerator.**
- **NO SOLID FOODS** beginning with your first meal of the day!! **CLEAR LIQUID DIET ALL DAY**
- **You may not drink any milk or dairy products including milk or cream in your tea or coffee. You may not have anything that contains red, purple, orange or blue dyes.**
- **YOU MUST CONSUME 2 LITERS OF FLUID OR MORE THE DAY BEFORE YOUR PROCEDURE. Try to drink at least 1 (8oz) glass every hour while you are awake**

SUGGESTED CLEAR LIQUIDS YOU MAY HAVE THE DAY BEFORE YOUR PROCEDURE INCLUDE:

Chicken Broth, bouillon
Apple Juice
Tea, 7-Up, Ginger Ale, Sprite, Mountain Dew
Clear Gatorade or Flavored Water
Popsicles – Lemon and Banana
One cup of BLACK coffee
Lemon Italian Ice
Jello – lemon, lime or pineapple flavors only
White Cranberry Juice
White Grape Juice

AT 7:00pm THE DAY BEFORE YOUR PROCEDURE – TAKE 2 BISACODYL TABLETS WITH A GLASS OF WATER

AT 7:15pm THE DAY BEFORE YOUR PROCEDURE – DRINK 1 (8oz) GLASS OF THE MIRALAX MIXTURE. DRINK ANOTHER GLASS AT 7:30pm, 7:45pm and 8:00pm

DAY OF PROCEDURE: DO NOT take any medications until after your procedure. You may bring them with you.

AT _____ (FIVE HOURS BEFORE YOUR TEST) TAKE 2 BISACODYL TABLETS WITH A GLASS OF WATER AND FOLLOW WITH THE REMAINDER OF THE MIRALAX MIXTURE UNTIL FINISHED. NOTHING BY MOUTH 3 HOURS BEFORE YOUR PROCEDURE.

DUE TO SEDATION, YOU MUST BE ACCOMPANIED BY AN ADULT WHO WILL REMAIN IN THE OFFICE UNTIL YOUR PROCEDURE IS COMPLETE. YOU CANNOT DRIVE!! IF INSTRUCTIONS ARE NOT FOLLOWED, TEST MAY BE CANCELLED.