Miralax Checklist for Colonoscopy

1 DAY PRIOR TO PROCEDURE

- Begin a clear, liquid diet (i.e., clear soup broth, lemon/lime Jell-O, water, coffee, tea, Sprite, Ginger-Ale, apple juice/white grape juice). Avoid liquids with red, orange, blue, or purple food coloring as well as milk, alcohol, and solid foods.
- Drink at least 8 glasses of water during the day to avoid dehydration.
- Mix 64 ounces of a clear liquid* with 8.3 ounces of Miralax and place in the refrigerator. Do not add ice.
- 12PM: Take 4 Dulcolax (laxative) tablets by mouth. These can be purchased over the counter.
- 6PM: Drink one 8 ounce glass of the Miralax solution every 15 minutes until the mixture is entirely consumed.

DAY OF PROCEDURE

- Avoid eating or drinking unless you have been instructed otherwise.
- Take necessary medications with a small sip of water.
- Arrive at the hospital at your specified procedure time.
- Bring a trusted individual with you or have them arrive following your procedure to drive you home. You are required to have a driver.

*We suggest using Gatorade.*
Frequently Asked Questions:

What can I expect as I ingest Miralax?

*Mild nausea, mild hunger, and/or profuse, watery bowel movements.*

When should I go to the emergency room?

*Call our office if you are unsure if you should visit the emergency room. Bodily responses that may require you to go to the emergency room involve intolerable nausea/vomiting, intolerable abdominal pain, and/or bloody stools.*

May I continue to take my daily aspirin and/or pain medications?

*You may take this the day prior to your procedure, but please do not take the day of your procedure.*

May I continue to use my inhaler?

*Yes. Use your inhaler the morning of your procedure and bring it with you to the hospital.*

This prep is available over the counter.