



Marietta Memorial Hospital Department of Gastroenterology

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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.



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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.