

**GASTROINTESTINAL MEDICINE ASSOCIATES, INC**  
**COLONOSCOPY MIRALAX PREPARATION**

**PURCHASE AT THE PHARMACY**

1. 4 DULCOLAX TABLETS – OTC LAXATIVE
2. MIRALAX OR POLYETHYLENE GLYCOL 238 GRAM BOTTLE
3. 64 OUNCES OF GATORADE or JUICE (ANY FLAVOR EXCEPT RED OR PURPLE) or if you are diabetic use CRYSTAL LIGHT ( NO RED OR PURPLE)
4. SMALL BOTTLE OF MILK OF MAGNESIA

**TWO DAYS BEFORE THE PROCEDURE:** TAKE 2 TABLESPOONS OF MILK OF MAGNESIA IN THE EVENING.

**DAY BEFORE PROCEDURE**

1. DRINK ONLY \*\*CLEAR LIQUIDS FOR BREAKFAST, LUNCH, AND DINNER. YOU SHOULD HAVE AT LEAST 4-5 CLEAR LIQUID MEALS THROUGHOUT THE COURSE OF THE DAY. EACH MEAL SHOULD CONSIST OF JELLO, CLEAR LIQUID DRINK AND CLEAR BROTH SOUP. CONTINUE TO DRINK LIQUIDS THROUGHOUT THE COURSE OF THE DAY.
2. AT 12:00 PM - TAKE 4 DULCOLAX TABLETS.
3. AT 3:00 PM - MIX THE 238 GRAM BOTTLE OF MIRALAX INTO 64 OUNCES OF GATORADE OR JUICE OR CRYSTAL LIGHT SHAKE THE SOLUTION UNTIL THE MIRALAX IS DISSOLVED. KEEP CHILLED. DRINK AN 8 OUNCE GLASS EVERY 30 MINUTES UNTIL THE SOLUTION IS GONE.
4. CONTINUE DRINKING CLEAR LIQUIDS UNTIL BEDTIME.
5. BY THE TIME YOU ARE READY TO GO TO BED FOR THE EVENING YOUR STOOLS SHOULD BE CLEAR, LIGHT YELLOW AND NO SOLID MATERIAL.

**ON THE DAY OF THE PROCEDURE**

1. DO NOT EAT OR DRINK ANYTHING THIS DAY.
2. THE DOCTOR OR NURSE PRACTITIONER WILL INSTRUCT YOU IF MEDICATION SHOULD BE TAKEN OR HELD ON THE DAY OF THE PROCEDURE. IF YOU ARE INSTRUCTED TO TAKE MEDICATION YOU MAY TAKE IT WITH A SMALL SIP OF WATER.
3. **NO DRIVING- YOU CANNOT OPERATE A MOTOR VEHICLE.** YOU CANNOT TAKE A TAXI OR A BUS AFTER THE PROCEDURE UNLESS YOU ARE ACCOMPANIED BY ANOTHER ADULT. IF THIS PROCEDURE IS NOT FOLLOWED, THE HOSPITAL WILL CANCEL YOUR APPOINTMENT.

**CLEAR LIQUID DIET:** **SOUPS**-clear broth, bouillon. **BEVERAGES**-tea, coffee, Kool-Aid, carbonated beverages. (Do Not Use any milk or cream in your coffee or tea). **JUICES**-(no red or pulp juices) white cranberry, apple, white grape, strained lemonade. **DESSERTS**- Italian ice, popsicles or Jello

**\*NOTIFY YOUR PHYSICIAN IF YOU HAVE TROUBLE WITH YOUR PREP\***