

# Low Volume Miralax Prep for Colonoscopy

You are scheduled to have a colonoscopy:

Preparation instructions:

Items you will need (available over-the-counter):

- 1) Miralax 1 bottle (238 grams)
- 2) Dulcolax tablets (2 tablets)

**Clear liquid diet:** *Includes water, clear broth, soda, tea coffee (without milk/creamer), clear juice (without pulp), Jell-O, popsicles and other flavored drinks. Avoid purple or red colors.*

- If you are on a blood thinner, do not take it for 3 days prior to the procedure.
- If you are on iron tablets, do not take it for 7 days prior to the procedure.

## **On the day before your procedure...**

Eat/drink only clear liquids starting the day prior to your procedure.

1. At 3 p.m., take 2 Dulcolax tablets by mouth.
2. At 4 p.m., mix 238 grams of Miralax or Glycolax in 32 ounces of a liquid of your choice (Gatorade, Crystal Light, Water, etc...)
3. Drink a 10-11 oz glass of the mixture followed by an 8 oz glass of water.
4. One hour later drink another 10-11 oz glass of the mixture followed by an 8 oz glass of water.
5. One hour later drink the final 10-11 oz glass of the mixture. Complete the prep by 8 p.m..
6. Continue a diet of clear liquids until bedtime.
7. **DO NOT HAVE ANYTHING TO EAT OR DRINK AFTER MIDNIGHT**

## **On the day of the procedure...**

1. You may take your heart/blood pressure medication with a sip of water the morning of the procedure.
2. If you take insulin, take one-half (1/2) of your usual morning dose.
3. **NO DRIVING:** Due to sedation, you must have someone with you to drive you home.

- If you have any questions regarding these instructions please call (314) 543-5200 before your procedure.

**PREP MAY BE STARTED ANYTIME AFTER NOON**