

Standard Miralax Prep for Colonoscopy

You are scheduled to have a colonoscopy:

Preparation instructions:

Items you will need (Available over the counter):

- 1) Miralax or Glycolax, 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...

1. Eat/drink only clear liquids starting the day prior to your procedure.
2. At 3 p.m., take 2 Dulcolax tablets by mouth.
3. At 4 p.m., mix one bottle of Miralax or Glycolax (238 grams) in 64 ounces of a liquid of your choice (Gatorade, Crystal Light, Water, etc...)
4. Drink an 8 oz glass every 15 minutes until the solution is gone.
5. Continue a diet of clear liquids until bedtime.
6. **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