

Miralax PM - Colonoscopy Preparation Instructions

Appointment Date: Check In Time: Procedure Performed by:

You will need:

- 1 Bottle of Miralax (Glycolax) 238 grams polyethylene glycol (PEG) available in the laxative section of your pharmacy.
- GasX or Simethicone gas relief capsules. Purchase over-the-counter. You will need 4 of these.

Special Medication and Diabetic Directions: See separate instructions.

One week before

Stop taking iron pills, vitamins or herbal supplements in the pill form.

Take your usual prescription medication during prep unless told not to. Aspirin, Ibuprofen and Tylenol are OK if needed.

Avoid foods with seeds (flax seeds, popcorn, nuts and berries). They clog the colonoscope.

Two days before

Stop taking fiber supplements: Metamucil, Citrucel, etc.

Optional: If you are generally constipated, you should take 2 (5mg) Dulcolax tablets at bed time.

1 Day Before Colonoscopy

When you awake, begin Clear Liquid Diet. No Solid Food. You may have: water, coffee, tea, (No milk or creamers) clear fruit juices without pulp or cloudiness, soda pop, Gatorade, chicken bouillon or clear broth, popsicles, and JELL-O.

Avoid the color **red** in all liquids. Avoid alcohol.

4:00 PM: Mix the 238 gram bottle of Miralax with 64 ounces of cold Gatorade or clear juice in a pitcher. Shake the solution to mix thoroughly.

Drink half of the container over 2 to 3 hours (one glass every 10 to 15 minutes). Nausea and fullness is common until the laxative starts to work. If you vomit during the prep wait 30 minutes, try again and go slower. Put the remaining half in the refrigerator.

Take 2 GasX pills.

Day of Colonoscopy - Continue Clear Liquid Diet. No Solid Food.

Take your regular morning medications at least 2 hrs before your check in time. Please do not take any narcotics or controlled substances, which includes some anxiety medications until after your procedure.

6:00 AM: Drink the remaining half of the Miralax. Finish drinking within 2 – 3 hours.

Take 2 GasX pills.

DO NOT put ANYTHING in your mouth the 2 hours before your procedure.

This includes but is not limited to: bowel prep, medication, hard candy, chewing gum and chewing tobacco.

No Food. No Drink. 2 hours.

You also need to arrange for an **adult driver** that is able to walk on their own, help you in and out of a car, drive you home and remain with you for 6 hours.

If these instructions have not been followed your appointment may be delayed or cancelled.

If you received these instructions by email, you will also receive an attachment with additional. important information.