

MIRALAX PREPARATION

You will not need a prescription for this preparation.

GENERAL INSTRUCTIONS

Supplies Needed:

- 8.3 oz (238 gm) Miralax or Generic powder.
- 4 Dulcolax or Bisacodyl laxative tablets
- Tush wipes
- 64 oz Gatorade/Powerade (or equivalent)- Yellow, White or Blue

All preparation work best when you take them as a split-dose. This means you take the first dose in the evening before the procedure and the second dose the day of the procedure.

A thorough colon cleansing before the procedure is key to its success. It is very important to drink all of the preparation solution and follow the instructions.

Colon-cleansing preparations cause frequent, liquid stools. You may have your first bowel movement about one hour after you start to drink the solution. You may continue to pass liquid stools up to two hours after you finish the solution.

If you find it hard to tolerate the taste of the solution, these tips may help:

- Refrigerate the solution and drink it cold. Do not add ice or flavorings.
- Suck on ice or a lemon or lime wedge.
- Chew gum right before you drink each glass of solution.
- Drink the solution through a straw.

Side effects from the solution may include bloating, stomach cramps, nausea and vomiting. You may also have chills, headache and irritation of your rectal area.

If you develop side effects, drink the solution more slowly until your symptoms improve.

Use Rectal Tush wipes to help with rectal irritation from bowel movements.

3 DAYS PRIOR TO PROCEDURE

Do not eat foods high in fiber. Examples are whole grain breads and cereals, fruits, nuts, seeds, quinoa, popcorn and cooked or raw vegetables.

Do not take any fiber or Iron supplements.

Hydration is important and part of the colon cleansing process. Make sure to keep yourself well hydrated before you take the solution, while you're taking the solution, and after the solution.



1 DAY PRIOR TO PROCEDURE

You may have a light breakfast (Eggs, toast, PB&J, pancake, or waffle) and lunch (sandwich or burger). **No foods high in fiber.** Avoid whole grain breads, cereals, fruits, nuts, quinoa, popcorn, and cooked or raw vegetables.

At 12:00 PM Take two 5-milligram bisacodyl tablets. Swallow tablets whole with 8 oz. glass of water.

Starting 2:00 PM Drink only clear liquids. Clear liquids include water, clear fat-free broth, gelatin, and clear fruit juice such as apple or white grape. You may also have ice pops without pulp, carbonated beverages, sports drinks, tea and coffee.

Do not eat or drink any red-colored beverages or gelatins.

Do not eat or drink any dairy products like milk, yogurt, cheese, ice cream, cream or milk in coffee or tea.

Between 8:00 AM and 5:00 PM Drink at least 4 glasses (8oz.) of water.

5:00 PM – Mix 64 oz. of Gatorade or Powerade (Yellow, white or blue) with bottle of Miralax and place in the refrigerator.

6:00 PM – Drink one 8 oz. glass of the solution every 15 minutes for a total of 4 glasses.

15 minutes after you finish the 4 glasses, take two 5-milligram bisacodyl tablets. Swallow the tablets whole with 8 oz glass of water.

DAY OF PROCEDURE

4 hours before the procedure drink the rest of the solution at a rate of 8 oz. every 15 minutes for a total of 4 glasses.

You may take your morning medications at least 3 hours before your procedure with 4 oz of water.

2 hours before the procedure STOP drinking all liquids.

If your stool is not yellow to clear, please call the office the morning of your appointment.