

MIRALAX PREPARATION

You will NOT need a prescription for this preparation.

Supplies Needed:

- Miralax or generic polyethylene glycol (238 gram bottle)
- 4 Dulcolax or Bisacodyl laxative tablets (over the counter)
- Simethicone (Gas-X extra-strength 125mg) 6 tablets
- Extra Miralax or generic polyethylene glycol (119 grams bottle) if you have constipation or use laxatives, have diabetes or use narcotics on a daily basis
- 2-28 oz Gatorade (or equivalent)- lemon lime flavor preferred (NOT RED or PURPLE)
- Tush wipes

All preparation works 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 5 hours before the procedure.

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

If your stool IS NOT clear enough to see to the bottom of the toilet, please contact our office before your appointment

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 to the solution.
- May add a clear flavor of Crystal light.
- Suck on ice or a lemon or lime wedge between each glass of the solution
- After each glass of the solution drink a few sips of white grape or apple juice
- Chew gum right before you drink each glass of the 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 movement.

5 DAYS PRIOR TO PROCEDURE

- If you have constipation, use laxatives, are diabetic or use narcotics on a daily basis, start taking **one capful of Miralax daily**
- **Begin a low fiber diet**
AVOID: Raw vegetables, lettuce, corn, fruits with seeds or peel, nuts, seeds, popcorn, oats, whole grains/breads with seeds.
OK TO EAT: Dairy, eggs, chicken, beef, turkey, fish, white rice, white bread, bananas, peeled apples
OK TO CONTINUE: Fiber powder base supplements such as Metamucil, Benefiber, Citrucel
STOP: Iron supplements

Hydration is an important 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 up to two hours before the procedure.

1 DAY PRIOR TO PROCEDURE

Continue with a light/low residue diet with last meal intake at 5:00 PM. Low residue foods include eggs, chicken, fish, white bread, cottage cheese, yogurt (no fruit), vanilla ice cream, grits, coffee, and tea.

12:00 PM - Please take 2 Dulcolax tablets with a full glass of water

Avoid any red or purple liquid, such as cranberry juice or grape juice, as the coloring can interfere with the results of your exam.

5:00 PM – Mix two 28 oz bottles of Gatorade (NOT RED or PURPLE) with 7 capfuls Miralax in each bottle and place in the refrigerator. Eat your last meal of the day. **No more solid food after 5 pm** but continue with liquid intake such as water, juice, soda, sports drink, coffee, tea, clear broth, popsicles, Jell-o without fruit or toppings.

6:00 PM – Drink one 28 oz bottle of Miralax/Gatorade solution. Take 3 tablets of **Simethicone** after you're done with the solution and drink an additional **16 oz of clear liquid** to ensure adequate hydration and effective bowel preparation.

8:00 PM - Please take 2 Dulcolax tablets with a full glass of water

DAY OF PROCEDURE

- **5 hours prior to procedure time**, drink the second bottle of the **solution** until gone. Then take 3 tablets of **Simethicone** and drink an additional **16 oz of clear liquid**.
- You may take your morning medications such as blood pressure, heart or thyroid pills.
- You may continue to drink coffee, tea, clear juice, and water up to 2 hours prior to your procedure time.

2 hours before the procedure STOP drinking all liquids.

If your stool IS NOT clear enough to see to the bottom of the toilet, please contact our office before your appointment

FOODS ALLOWED 5 DAYS PRIOR TO PROCEDURE

BREADS/GRAINS:

- Refined breads, toast rolls, biscuits, muffins, crackers, pancakes, waffles
- Enriched white bread and rolls
- Saltines
- Refined ready to eat and cold cereals
- Cooked/refined wheat, corn or rice cereal
- White rice and pasta

MILK/DAIRY:

- Milk, cottage cheese, mild cheese
- Yogurt without fruit
- Ice cream with no fruit or nuts

MEAT/PROTEIN:

- Ground or well cooked, tender beef, lamb, ham, veal, pork, fish, shellfish, poultry without skin, organ meats
- Eggs
- Peanut butter-not chunky

MISCELLANEOUS:

- coffee, tea, carbonated beverages
- Sugar, honey, jelly without seeds, syrup
- Salt, soy sauce, ketchup
- Mild spices
- Lemon juice, vinegar, flavoring extracts
- butter or oil