

MIRALAX COLONOSCOPY PREPARATION

****A minimum of 2 liters** of water should be consumed the **DAY BEFORE** your procedure.

Purchase at the pharmacy- All are available over the counter - no prescription required.

- Two (2) Dulcolax tablets (laxative)
- 236 gram bottle of Miralax powder
- 64 ounces of clear fluids
(Examples: Water, Gatorade, Apple Juice, Crystal Light - anything clear) **NO RED or PURPLE** varieties.
- One (1) bottle of Magnesium Citrate



4:00pm - Take two (2) Dulcolax Tablets with at least eight (8) ounces of water.

6:00pm - Mix the 236 grams of Miralax in 64 ounces of clear liquid of your choice - examples above. Shake the solution until the Miralax is dissolved. **Drink an 8 ounce glass of the solution every 10-15 minutes** until 8 glasses of the solution are consumed.

10:00pm - Drink the bottle of Magnesium Citrate.

Your stools should be clear (like "apple juice"), you may continue to drink CLEAR liquids until midnight. **DO NOT EAT.** Nothing after midnight.

DAY OF EXAM

You may take your morning prescription medications as directed the day of the procedure with sips of water only. Any other liquids that morning may result in cancellation of your procedure.

****Diabetic Patients: Take ½ dose of medication the morning before the procedure. DO NOT take your Medication the day of your procedure.****