

# MIRALAX Instructions

*Please read and follow these instructions carefully. The colonoscopy cannot be completed if your colon is not clean and you will be rescheduled.*

## Procedure Preparation

- ✓ Take this prep as instructed.
- ✓ Remember to drink plenty of fluids.

### **Purchase at the Pharmacy/Grocery Store:**

- One (1) box of Dulcolax (bisacodyl) tablets (box of 4 tablets)
- Miralax 8.2 oz. (238g)
- 1-10 oz bottle of Magnesium Citrate
- Fleet Enema
- One (1) 64 oz. bottle of Gatorade (NO RED COLORS). If you do not like Gatorade, you may use water, Crystal Lite, etc.

\*If you are taking any blood thinners, please contact the physician who ordered the medication for instructions.

## Medication Instructions

Please inform us before you schedule the procedure if you have any of the following:

- An internal defibrillator
- Latex allergy
- Take ANY Blood Thinners
- If you take antibiotics for dental procedures, please contact the prescribing physician for instructions
- Are on home oxygen

If you are diabetic:

- Hold your diabetic medication the morning of the test.
- If you take insulin, take ½ of your normal dose the night before and ½ of your normal dose the morning of the procedure.
- Use sugar-free drinks for liquids, like Crystal Lite, during the prep (to avoid increase in blood sugar) and monitor your blood sugar closely to prevent low blood sugar. *If your blood sugar is low, you may drink a sugary beverage.*

## Day before the procedure Prep

- You may eat a light breakfast, no solids after 11:00 am.
- **Do not** have any dairy products.
- **Do not** have any items with **RED DYE!!!**
- **1:00 pm**- Mix Miralax 8.3 oz. with a 64oz bottle of Gatorade and chill the mixture.
- **3:00 pm**- Take 2 Dulcolax tablets followed by 3-4 glasses of clear liquid.
- **5:00 pm**- Slowly Drink the chilled Gatorade and Miralax mixture. Drink 1 glass every 15 minutes until you have finished all the mixture.
- **8:00 pm**- Take the other 2 Dulcolax tablets followed by 3-4 glasses of clear liquid.
- **12:00 am (midnight)**- Drink the full 10 oz bottle of Magnesium Citrate

**DO NOT eat or drink anything after you have finished the prep.**

## Day of Procedure

**Administer the Fleet Enema at least 2 hours prior to your arrival time**

### **Reminder:**

- Do not eat or drink anything before your procedure
- Dress in light, loose clothing.
- Do not wear makeup, nail polish, jewelry, hairspray, or perfume of any kind.

### **Bring:**

- Insurance Card
- Identification Card
- All your current medications and dosages.
- An eyeglass case if you wear glasses.

*\*You will receive a phone call from the facility 1-2 days before your procedure with your report time*

*If you have any questions about these instructions, please call our office at 302-892-9900.*