

MIRALAX PREP

(COLONOSCOPY PREPARATION)

1. Purchase at the pharmacy the prescribed **Miralax** (255g bottle),
2 days before your prep day!!!
 - Mix the **entire** container of Miralax with 64 ounces of any clear liquid (any color but red!!) the morning the day before your procedure!!! (ex. Crystal Light, Lemonade, or Gatorade). Chill in refrigerator.

2. The day before your scheduled colonoscopy:
 - Have a light breakfast before 8:00AM (bagel, toast, eggs)
 - Drink only clear liquids after 8:00AM. **No solid foods after 8:00am**
 - At 5:00PM start drinking the Miralax.
 - Drink 8 ounces every 10 to 15 minutes. Until finished (**It is important that you drink lots of clear liquids during the day**).
 - If you have severe discomfort or bloating, stop drinking the solution for a while or wait longer between drinking each glass until discomfort goes away.
 - Nothing by mouth after midnight

Clear liquids allowed:

Water, clear sodas or clear fruit juices (any color except red!), soft drinks, black coffee or tea, any color Jell-O except Red Jell-O. Also, you may have bouillon (canned or cubed), any flavor popsicles but not red, and hard candies are other alternatives.
NO RED COLORED LIQUIDS EXCEPT CRANBERRY JUICE!!!

Liquids not allowed:

Cream, milk and dairy products. Solid foods, alcoholic beverages, liquids which are not clear (like orange juice, grapefruit juice or any juice with pulp).

CONTACT THE OFFICE ONE WEEK BEFORE YOUR COLONOSCOPY IF YOU ARE TAKING: ASPIRIN, COUMADIN, OR PLAVIX.

****Any medications other than iron pills, aspirin, or blood thinners (ibuprofen, Motrin, Aleve, Celebrex, etc ...may be taken, even on the morning of the procedure, just with enough water to swallow!! You may take Tylenol instead for pain relief.**