

**INSTRUCTIONS FOR COLONOSCOPY OR BARIUM ENEMA PREP
WITH MIRALAX**

***Please read instructions carefully - you will need to obtain the Miralax from the pharmacy with the prescription you are given. You will also need to purchase four (4) Dulcolax tablets and a 64 oz or two (2) 32 oz bottles of Gatorade.**

FIVE DAYS PRIOR TO THE PROCEDURE: Follow a restricted residue diet, meaning that you **AVOID** nuts, seeds, popcorn, and corn. Also discontinue fiber supplements such as Metamucil, Citrucel, Fibercon, etc.

THREE (3) TO FIVE (5) DAYS PRIOR TO THE PROCEDURE: Stop all aspirin, ibuprofen, Coumadin, Plavix, and any other blood thinners or anti-inflammatory medications that may cause bleeding. Also stop any iron supplement 3 to 5 days prior to the procedure. *Tylenol and other brands which contain acetaminophen are safe to use prior to this procedure.*

DAY BEFORE PROCEDURE:

DATE: _____

1. Drink only "clear liquids" for breakfast, lunch, and dinner. Solid foods, milk, or milk products are not allowed. If your procedure is scheduled for the following afternoon, you may have a regular breakfast the morning before the exam.
2. "CLEAR LIQUIDS" include: Strained fruit juices without pulp (apple, white grape, lemonade), water, clear broth or bouillon, coffee or tea (without milk or non-dairy creamer), and all the following that are not colored red or purple: Gatorade, carbonated and non-carbonated soft drinks, Kool-Aid (or other fruit flavored drinks), plain Jell-O (without added fruits or toppings), popsicles, and sherbet (lemon or lime flavors only).
3. Please drink at least ten (10) 8 oz. glasses of liquids throughout the day prior to starting laxative, especially liquids that replenish electrolytes like Gatorade or Boost Breeze.
4. At 3:00 p.m., take all four (4) Dulcolax tablets with 8 ounces of clear liquid.
5. At 5:00 p.m., mix the bottle of Miralax in 64 oz of Gatorade. Shake the solution until the Miralax is dissolved. Drink an 8 oz. glass every 10-20 minutes until the solution is gone.
6. Please do not eat or drink anything after midnight. If your procedure is scheduled in the afternoon, you may have clear liquids up to 4 hours prior to the procedure.

DAY OF PROCEDURE

DATE: _____

1. If you need to take medication the morning of the procedure, drink only a small amount of water. **Please do not take blood pressure medications the morning of the procedure as the medication you receive during the procedure often lowers blood pressure.**
2. A driver will be necessary due to an intravenous sedative you will be given before the procedure. This sedation will make you too drowsy to safely drive a motor vehicle.