



Colonoscopy Miralax Super Duper Preparation and Instructions

Please follow these instructions carefully. This will avoid having to reschedule if you are not fully cleaned out. You will be called the week prior to verify your appointment and answer any questions you may have. During these steps, if you experience nausea, take a 45-minute break, then resume drinking the prep.

10 Days Before Your Colonoscopy

Purchase the following from your pharmacy

- Two bottles of 238 gram Miralax containers
- One bottle of 119 gram Miralax container
- 4 Dulcolax tablets (5 mg)
- Two 64 oz of Gatorade (not red, blue, or purple)
- Assorted clear liquids

7 Days Before Your Colonoscopy

At 6 pm, drink 17 grams of Miralax mixed with 8 ounces of water or other clear liquid. Repeat for the next four evenings.

5 Days Before Your Colonoscopy

Stop taking the following:

- Ibuprofen, Advil, or any other NSAID (non-steroidal anti-inflammatory drug).
- Fish Oil
- Pepto Bismol
- Iron supplements or multivitamins with iron
- Fiber supplements
- Food with seeds or nuts including strawberries, tomatoes and bananas

2 Days Before Your Colonoscopy

Do not eat solid foods. Drink clear liquids only. Drink nothing red, blue, or purple. Clear liquids include:

Water	Gatorade
Popsicles	Soft drinks, lemon, iced tea, and Crystal Light
Clear fruit juices such as apple or white grape	Plain flavored or unflavored Jell-O (no red, blue or purple)
Coffee or tea without cream or dairy	

For more information, please contact

Northern Light Gastroenterology, 417 State Street, Suite 121, Bangor, Maine 04401
Phone: 207.973.4266 | fax: 207.973.5151

Continued – 2 days before your colonoscopy

1 pm - Take 2 Dulcolax tablets

5 pm

- Mix 238 gram bottle of Miralax with 64 oz of Gatorade.
- Divide solution, placing half in refrigerator.
- With the other half, drink an 8 oz glass every 10-20 minutes until gone.

9 pm - Take 2 Dulcolax tablets

Day Before Your Colonoscopy

Do not eat solid foods. Drink clear liquids only.

6 am

- Finish drinking the Miralax Solution
- Drink an 8 oz glass every 10-20 minutes until gone.

1 pm - Take 2 Dulcolax tablets

5 pm

- Mix 238 gram bottle of Miralax with 64 oz of Gatorade.
- Divide solution, placing half in refrigerator.
- With the other half, drink an 8 oz glass every 10-20 minutes until gone.

If you experience nausea, take a 45 minute break, then resume drinking the prep.

9 pm - Take 2 Dulcolax tablets

Day of Your Colonoscopy

Do not eat solid foods. Drink clear liquids only until 2 hours prior.

Six hours before your scheduled colonoscopy

- Finish drinking the Miralax Solution
- Drink an 8 oz glass every 10-20 minutes until gone.

2 Hours Before Scheduled Colonoscopy

- Stop all liquids 2 hours before your scheduled colonoscopy time.
- **Do NOT eat solid foods**

Morning medications can be taken with a TINY amount of water EXCEPT diabetic patients who will need to call their primary care provider for instructions.

Please remember

- Arrive at the time indicated on the front of this pamphlet.
- Have a responsible person adult driver to take you home and stay with you.

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