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 Prior to 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.

2 Days Before Your Colonoscopy

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

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

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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For more information, please contact

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