Northern Light Health

Northern Light
Eastern Maine Medical Center
Questions or concerns? Call us!

Your procedure is scheduled through:
• Gastroenterology – 207.973.4266, 2
• Surgical Specialists – 207.973.8881

Location: Endoscopy, third floor, Kagan Parking Garage, 489 State Street, Bangor

One Day MiraLAX Prep Instructions

Date of Procedure: _____ **Arrival Time:** _____

Before the procedure, buy:

- ✓ **MiraLAX -** one 8.3 oz (238 grams) bottle
- ✓ **Gatorade, Powerade, or iced tea** - One 64 oz bottle of clear liquid. *No red, blue, or purple*
- ✓ **Dulcolax** (Bisacodyl) stimulant laxative tablets – Four 5 mg tablets. *Not the stool softener.*
- ✓ **Gas-X** (Simethicone) chewable tablets - One small 125 mg package, any flavor with at least three tablets.
- ✓ **Cleansing wipes** – One package to use, for your comfort.

Step	Timeframe	Instructions
1	Day before procedure (When you wake up)	• Begin a clear liquid diet as soon as you wake up. **NO SOLID FOOD.** • Mix the bottle of **MiraLAX powder (8.3 oz)** in 64 oz of clear liquids. Shake well and refrigerate.
2	Day before procedure (10 am)	• Take **two Dulcolax tablets** with 8 oz of water. • Drink one glass of clear liquid every hour while awake.
3	Day before procedure (12 Noon)	• Drink the **MiraLAX solution (from Step 1) every 15 to 30 minutes until you have finished the first half of the 64 oz bottle**. • Continue drinking one glass of clear liquid every hour while awake.
4	Day before procedure (7 pm)	• Take **two Dulcolax tablets** with 8 oz of water. • Continue drinking one glass of clear liquid every hour while awake.
5	Day of your procedure (Five hours before arrival time)	• Drink **one glass of MiraLAX solution (from Step 1) every 15 minutes** until you have finished the second half of the 64 oz bottle, within one hour. • Take **three chewable Gas-X tablets**.

Important notes:

- Following these instructions will help ensure you will be able to have your colonoscopy as planned. If you have an empty stomach, you will be able to receive sedation medication.
- **DO NOT: drink any liquids within four hours of your arrival time** and do not chew gum or suck on hard candy during this window.

If you have questions about your Prep, please call after 8 am and our staff can assist you. If you get a voicemail, please leave a message with the best time to reach you.