

Miralax Preparation Instructions

Discontinue taking aspirin, blood thinners, ibuprofen, arthritis medication or Plavix 7 days prior to the date of your colonoscopy. Tylenol is ok. If taking Coumadin or being treated for diabetes please contact your primary doctor. It is preferred to be off Coumadin 3 days prior. Do not stop taking your medication unless instructed to do so by your primary care physician.

Several days before your test, purchase the items below at your pharmacy or drug store.

Purchase: 1 box of Dulcolax laxative tablets no prescription needed
One 238 gram bottle of Miralax (NO prescription needed)
One 64 ounce bottle of clear or light colored liquid (see below)
We recommend Gatorade to keep your electrolytes balanced.

THE DAY BEFORE YOUR TEST

- **IN THE MORNING**, mix the entire bottle of Miralax with the 64 ounces of clear liquid (Gatorade, Crystal light, apple juice, etc). Make sure the Miralax is completely dissolved. Place in refrigerator to chill.
- Drink only clear liquids (no solid foods) from the time you wake up in the morning until midnight.
- Clear liquids include all of the following that are not colored red or purple:

Gatorade	Plain Jell-O	Popsicles	Coffee (no cream)
Apple Juice	Kool-Aid	Soda Pop	Clear broth/bouillon
Tea	Water	Crystal light	Lemonade (no pulp)

- **Remember: Do not eat any solids food the entire day, do not drink orange juice, milk or milk products.**
- AT 10 AM:
 - Take **only 2 Dulcolax laxative tablets** with 8 ounces of any clear liquid.
- AT 11 AM:
 - Start drinking the Miralax mixture.
 - Drink one 8 ounce glass every 10-15 minutes.
- AT 12 PM:
 - Take **only 2 Dulcolax laxative tablets** with 8 ounces of any clear liquid.
 - Continue to drink one 8 ounce glass every 10-15 minutes until it is completely gone.
 - If you experience nausea or vomiting, stop, wait 30 minutes and then start again.
 - After you finish the Miralax, you may have clear liquids until midnight.
- **YOU SHOULD HAVE NOTHING TO DRINK OR EAT AFTER MIDNIGHT.**

THE DAY OF YOUR TEST

- **DO NOT EAT OR DRINK ANYTHING ON THE MORNING OF YOUR TEST, UNLESS INSTRUCTED TO DO SO.**

If your procedure is scheduled for 1 pm or later, you may have clear liquids up to 6 hours prior to your procedure.