



*Digestive  
Health  
Specialists*

OF THE SOUTHEAST

## Preparation for Colonoscopy - Miralax

Exam date: _____
Arrive to admissions at: _____
Location: _____
<b>Purchase Miralax and Dulcolax over the counter from the pharmacy a few days before your exam</b>

### The day before the exam:

- **You can have a normal breakfast before 9am, but after that, you must maintain a clear liquid diet the ENTIRE day (NO SOLID FOOD)! This is very important**

LIQUIDS YOU <u>CANNOT</u> DRINK	ALLOWED LIQUIDS
Dairy products	Clear Broth (no noodles, meat or vegetables)
Orange juice	Clear juice (apple, white grape, lemonade)
Yogurt	Gatorade (clear color)
Anything <b>RED</b> in color	Ginger Ale, 7-UP, Sprite
Cream	Water
Milk	Green or yellow Jell-O or popsicles
Anything you cannot read a newspaper through	Coffee or tea (no cream or milk); you can add sugar, honey or lemon

### In the morning or early afternoon on the day before the exam:

1. Take 4 capsules of Dulcolax (bisacodyl) at 12 noon.
2. Mix 1 bottle of Miralax (238g) in 64 oz (1/2 gallon) of water mixed with Crystal light flavoring of your choice (not red, blue or purple) – refrigerate this mixture.
3. If you have a history of constipation, or have had a prior colonoscopy with poor preparation, take magnesium citrate 10oz PO at 10am.

### Beginning at 6:00PM the day before the exam:

Begin drinking prep solution as 1 glass (8oz) every 10-15min until ½ of the bottle is consumed (approximately 4 glasses). **Do Not Drink all of the solution at this time.** Save 1/2 of the solution until the morning of the procedure.

### Beginning at least 3hrs prior to your scheduled procedure time (set your alarm clock):

Begin drinking the remainder of the solution as 1 glass (8oz) every 10-15min, until all of the solution is consumed. Nothing to eat or drink after completing the prep.

**You may take your medications with a sip of water the morning of the procedure.**

**If you have any problems tolerating the bowel preparation, please call our office at 334-836-1212.**