

## MIRALAX (POLYETHYLENE GLYCOL) COLONOSCOPY INSTRUCTIONS

Try to avoid fruits and vegetables for 2 days before colonoscopy.

**Medications that must be stopped *FIVE* days before the procedure:** Aspirin, Plavix (clopidogrel), Coumadin (warfarin), and NSAIDS (ex: Motrin, Advil, Naproxen, Celebrex, Ibuprofen) and would require clearance from prescribing MD to stop.

PURCHASE **MIRALAX** (238g BOTTLE) OVER THE COUNTER AT ANY DRUG STORE/PHARMACY  
PURCHASE **DULCOLAX** (bisacodyl) LAXATIVES 5mg EACH OVER THE COUNTER

### INSTRUCTIONS FOR THE DAY BEFORE COLONOSCOPY:

***You must remain on a CLEAR liquid diet the entire day before your procedure.***

Clear liquids include: Water, Strained fruit juices (no pulp) including apple, white grape or white Cranberry, Limeade or lemonade, Coffee or tea (do not use any milk/cream, you may use sugar or lemon), Chicken broth, soda, Gatorade, popsicles, and Jell-O. Please **do not** have any dairy products or **anything red or purple** in color.

**AT 12PM, create your Miralax solution and refrigerate if you like it cold.**

Mix the Polyethylene Glycol powder (238g) with 64 ounces of any clear liquid, e.g. apple juice, lime-aid, etc.(Best is to mix it with 64 ounce container of White cranberry Juice) and chill in the refrigerator.

**Around 1 p.m., take 4 Dulcolax (bisacodyl) tablets**

**Around 4 p.m., start drinking the Miralax solution**

Start drinking the Miralax (Polyethylene Glycol) solution as tolerated (best way is 8 ounces every 15-20 minutes) until it is finished. If you feel nauseous or bloated, stop and rest. You may continue drinking clear liquids until midnight.

### THE DAY OF THE COLONOSCOPY:

*Do not eat or drink anything after midnight.* Medications are to be taken AFTER the procedure is over, with the exception of #2.

1. You **CANNOT** drive for the whole day, so you need a ride
2. Take **ONLY** your Blood pressure, heart and seizure medications with a tiny sip of water.
3. Remove **ALL** jewelry
4. If you have asthma, bring your inhalers