

## 2-DAY COLONOSCOPY PREP (MIRALAX)



### You will need to pick up:

1. Miralax bottles x 2 (Over the counter) Each bottle should be 238 grams
2. Bisacodyl (Dulcolax) tablets 10mg - need 6 tablets (Over the counter)

*For 7 days prior to your procedure, follow a Low Fiber diet and take MiraLax 17g Daily*

### 2 days prior to your procedure:

- Clear liquids only ALL day
- In the morning, take MiraLax 17g (one capful)
- At 6pm, take 2 Bisacodyl tablets

### The day BEFORE your procedure:

- Clear liquids only ALL day (see booklet)
- In the morning, take MiraLax 17g (one capful)
- Mix up the new unopened bottle of Miralax In a pitcher with 64 oz of room temperature Gatorade or Powerade (not red or purple) and refrigerate.
- The Admission Nurse will call you and tell you what time to arrive
- At 6pm, take the other 4 Bisacodyl tablets (time can vary)
- At 6pm, drink ½ (32oz) of the prescription MiraLax prep that was mixed up earlier (time can vary)

### The day of your procedure:

- Clear Liquids only
- Drink the remaining ½ (32oz) of the MiraLax prep 4-5 hours before your scheduled time to arrive. Even if your stools are clear.
- Nothing more to drink for 2 hours prior to arrival