

Miralax Bowel Prep

Dear Patient,

Your doctor has recommended these instructions to help prepare you for your colonoscopy. Please talk to your doctor about any questions you have regarding this preparation.

Certain medications (i.e.: coumadin, aspirin, anti-inflammatory medications, plavix, vitamin E) can increase the likelihood of bleeding during or after colonoscopy and are often discontinued for one week prior to the procedure.

Patients who take medications on a regular basis should consult their doctor regarding their use in preparation of colonoscopy.

If you take heart or blood pressure medication, please take these at least 2 (two) hours prior to the procedure with a sip of water.

At least two days prior to the colonoscopy

Fill your prescription for one bottle of *Miralax* (255 grams), purchase 4 (four) *dulcolax* (bisacodyl) tablets, and a 64-ounce bottle of *Gatorade* (not red). *Note that Miralax can also be purchased over the counter in a 238 gram bottle.* Refrigerate the *Gatorade*.

Day before colonoscopy

- 1- Drink only clear fluids for breakfast, lunch and dinner. These include water, clear fruit juices (apple, grape, Gatorade), bouillon and Jell-O (but not red or orange Jell-O). Do not consume solid food or milk products.
- 2- At 5:00 PM, (or earlier if desired) mix the bottle of *Miralax* (255g) in the 64-ounce bottle of *Gatorade*. Make sure that the powder is completely dissolved. Solution can be chilled prior to consuming. Then begin to drink the *Gatorade* mixture. Drink one 8 (eight) ounce glass every 15 minutes until finished. After completion, continue to drink as much clear liquids as possible until bedtime.
- 3- At 7:00 PM (or after completing the solution) take 4 (four) *dulcolax* tablets with a glass of water.
- 4- Do not have anything by mouth after midnight.

Note:

- 1: If you develop discomfort or distention (bloating), stop drinking the solution for a while or wait longer between drinking each glass until the discomfort goes away.
- 2: Do not take any other medicines within 1 hour of starting to drink the solution
- 3: Nausea, cramping and abdominal fullness are the most common adverse reactions