

## MIRALAX PREP

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- ✓ Take this prep as instructed.
- ✓ Remember to drink plenty of fluids.
- ✓ Read the "General Guidelines of a Colonoscopy" Page.

### PREPARATION

\*If you are taking any ***blood thinners***, please contact the physician who ordered the medication for instructions.

**Remember to have clear liquids the entire day before the procedure.**

- This prep often works within 30 minutes but may take as long as 3 hours. You will want to remain close to a restroom as multiple bowel movements may occur.
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### The Clear Liquid Diet:

- ❖ Start the clear liquid diet as soon as you wake up the day before your procedure!
- ❖ Clear liquids are any liquid food/beverage you can **see through**.  
\*This includes fruit juices (apple, white grape, white cranberry, etc.), Sprite, 7-up, Ginger Ale, Jell-O, clear broth or bouillon, tea, black coffee, popsicles, and various sports drinks.
- ❖ **Do not** have any dairy products. This includes creams and cheeses.
- ❖ **Do not** have any items with **RED DYE!!!** (Red Jell-O, fruit punch, cranberry juice, etc.)

### Sample Clear Liquid Diet:

- Breakfast: One glass of clear juice, one cup of tea or coffee (black), a cup of Jell-O.
- Mid-Morning Snack: Sport drink (Gatorade - orange, lemon-lime, watermelon).
- Lunch: Bowl of clear broth, cup of Jell-O, glass of Ginger Ale or Sprite.
- Dinner: One glass of clear juice, one bowl of clear bouillon, tea or coffee (black), cup of Jell-O.

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If you have any questions about these instructions,  
please call our office at **302-892-9900**.

## Purchase at the Pharmacy/Grocery Store:

(All available over the counter)

- One (1) box of Dulcolax (bisacodyl) tablets (box of 4 tablets)
- Miralax 8.2 oz. (238g)
- Miralax 4.1 oz. (119g)
- Fleet Enema
- One (1) 64 oz. and One (1) 32oz. bottle of Gatorade (NO RED COLORS).  
If you do not like Gatorade, you may use water, Crystal Lite, etc.

## The Prep:

The day before your procedure:

**1:00 pm-** Mix **Miralax 8.3 oz. with a 64oz bottle of Gatorade** and **chill the mixture.**

**3:00 pm-** Take **2 Dulcolax tablets** followed by **3-4 glasses of clear liquid.**

**5:00 pm-** Slowly **Drink the chilled Gatorade and Miralax mixture.** Drink 1 glass every 15 minutes until you have finished all the mixture.

**8:00 pm-** Take the other **2 Dulcolax tablets** followed by 3-4 glasses of clear liquid.

**12:00 am (midnight)-** Mix **Miralax 4.1 oz. with a 32 oz. bottle of Gatorade** and drink the entire mixture.

**REMINDER: DO NOT EAT OR DRINK ANYTHING AFTER FINISHING THE LAST MIRALAX/GATORADE MIXTURE AT MIDNIGHT**

## THE MORNING OF YOUR PROCEDURE:

Administer the Fleet Enema at least 2 hours prior to your arrival time

**\*\*Report Time will be given by the facility a day prior to the procedure\*\***

**\*Remember: Abdominal bloating and cramping, as well as nausea and vomiting, may occur. This is usually temporary, and the symptoms should resolve as you start to move your bowels.**

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## General Guidelines of a Colonoscopy

A **colonoscopy** is a test that examines the inside of your large intestines or the colon. The most common reason for a colonoscopy is to look for colon polyps or colon cancer. Before a colonoscopy can be performed. Your colon must be completely empty for the colonoscopy to be thorough and safe. While a colonoscopy is generally safe, risks include bleeding, perforation (puncture of the colon), and risk of complications from sedation. A colonoscopy is the best method {95%} to find and remove polyps.

Our doctors and staff will instruct you on which preparation to take. The prep you receive depends on your medical condition as well as which medications you are currently taking.

Please inform us before you schedule the procedure if you have any of the following:

- An **internal defibrillator**
- **Latex allergy**
- Take **ANY Blood Thinner**
- Take **antibiotics** for dental procedures
- Are on **home oxygen**

### **If you are diabetic:**

- Hold your diabetic medication the morning of the test.
- If you take insulin, take ½ of your normal dose the night before and ½ of your normal dose the morning of the procedure.
- Use sugar-free drinks for liquids, like Crystal Lite, during the prep (to avoid an increase in blood sugar) and monitor your blood sugar closely to prevent low blood sugar.

### Medications that DO NOT need to be held:

- Aspirin
- Ibuprofen
- Fish Oil
- Garlic
- Herbal Supplements
- Iron
- Vitamins
- Folic Acid

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