

## COLONOSCOPY PREPARATION INSTRUCTIONS

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### 2 DAY / MIRALAX / DULCOLAX PREP

It is very important for you to **read and follow these instructions**. Failure to do so may result in cancellation of your procedure. Please keep them in a place where you can find them to **review again**, ALONG WITH THE GENERAL COLONOSCOPY INSTRUCTIONS, **one week prior to your test date**.

**HELPFUL TIP: Avoid high fiber foods (nuts, seeds, whole grains, raw fruit and vegetables, beans, corn, chicken skin) SEVEN DAYS PRIOR TO PROCEDURE FOLLOW A LOW RESIDUE DIET; NO marijuana the day before and day of procedure; NO tobacco use the day of procedure.**

TEST DATE: \_\_\_\_\_ ARRIVAL TIME: \_\_\_\_\_

(In any pharmacy, or grocery store in laxative aisle.)

1. Two 238 gram bottle of Miralax (8.3 oz.)
2. Four Dulcolax Tablets (Laxative, NOT Stool Softener)
3. 128 oz. of any clear liquid (clear juice, fruit drinks, Gatorade, clear soda) (nothing red in color)

#### HOW TO TAKE THE PREP:

1. **TWO DAYS BEFORE THE TEST** \_\_\_\_\_ HAVE A LOW RESIDUE BREAKFAST (SUCH AS EGGS AND WHITE TOAST), THEN Follow the clear liquid diet (see sample diet) **FOR TWO (2) DAYS**
2. **Beginning at 1 PM**  
Take two (2) dulcolax tablets with 8 oz. of clear liquid
3. **Beginning at 4 PM**  
Mix the entire bottle of Miralax in 64 oz. of any clear liquid (except water).  
Dissolve the Miralax in the Clear Liquid. . Drink 6-8 ounces of the solution every 15-20 minutes until the solution is finished.
4. **REPEAT STEPS 2 AND 3 THE DAY PRIOR TO YOUR PROCEDURE**
5. **YOU MAY CONTINUE YOUR CLEAR LIQUID DIET UNTIL 4 HOURS PRIOR TO YOUR ARRIVAL TIME**

## Clear Liquid Diet for Colonoscopy Prep Day

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**No Red Colored liquids, ice or Jell-O, they may look like blood during the procedure. You MAY NOT have milk or creamer, or any alcoholic beverages on a clear liquid diet**

### Allowable Choices

- Black coffee (no milk or Creamer)
- Tea hot or cold (no milk or creamer)
- Sports Drinks (Gatorade, PowerAde, Pedialyte)
- Clear Soda (sprite, 7up, seltzer, ginger ale)
- Lemonade
- Broth or bouillon (chicken, beef, vegetable)
- Flavored Jell-O (no red)
- Lemon Ice or Italian Ice (no red)
- Clear Juices any flavor (apple, white cranberry or grape etc.)
- Crystal Light

**STOP all clear liquids 4 hours before your scheduled arrival time**