



## Low Volume Miralax Prep for Colonoscopy

You are scheduled to have a colonoscopy:

Arrival time:

Location:

Preparation instructions:

Items you will need (available over-the-counter)

1. Miralax 1 bottle (238 grams)
2. Dulcolax tablets (2 tablets)

**Clear liquid diet** Includes water, clear broth, tea, coffee (without milk/creamer), clear juice (without pulp), Jell-O, popsicles and other flavored drinks. Avoid purple or red colors. **NO CARBONATED BEVERAGES**

- If you are on a blood thinner, (Coumadin/Warfarin/Proxal/ Xarelto) do not take it for 3 days prior to the procedure.
- If you are on iron tablets, do not take it for 7 days prior to the procedure.

### On the day before your procedure...

Drink only clear liquids starting the day prior to your procedure. **No Solid food the day prior to procedure.**

1. At 1 p.m. take 2 Dulcolax tablets by mouth.
2. At 2 p.m. mix 238 grams of Miralax or Glycolax in 32 ounces of a liquid of your choice (Gatorade, Crystal Light, Water, etc...)
3. Drink a 10-11oz glass of the mixture followed by an 8 oz glass of water.
4. One hour later drink another 10-11oz glass of the mixture followed by an 8 oz glass of water.
5. One hour later drink the final 10-11oz glass of the mixture. Complete the prep by 8 p.m..
6. Continue a diet of clear liquids until bedtime.
7. **DO NOT HAVE ANYTHING TO EAT OR DRINK AFTER MIDNIGHT**

**On the day of the procedure?**

1. You may take your heart/blood pressure medication with a sip of water the morning of the procedure.
2. If you are diabetic, no Insulin or oral medication the morning of your procedure.

If you wear an insulin pump please contact your endocrinologist for instruction on your dose.

3. **NO DRIVING:** Due to sedation, you must have someone with you to drive you home.

If you have any questions regarding these instructions please call (314)543-5200 before your procedure.

**PREP MAY BE STARTED ANYTIME AFTER NOON**