



## **Colonoscopy MiraLAX Preparation**

**PLEASE READ AND FOLLOW ALL INSTRUCTIONS CAREFULLY**

### **Colonoscopy Preparation:**

You will need to have a very clean colon for the Gastroenterologist to examine your colon. This process requires taking strong laxatives which will cause significant diarrhea. You must follow the preparation instructions carefully to assure you will be cleaned out and to prevent dehydration. Occasionally despite your best efforts, the clean out will be insufficient and the procedure will have to be postponed. Your Gastroenterologist will make recommendations appropriate for your digestive system.

### **For this preparation, you will need to buy over- the- counter:**

1. TWO 238-gram bottles of MiraLAX
2. TWO 64 oz. bottles of an electrolyte solution (examples: broth, Gatorade, Pedialyte, Hydralife, G2, Powerade). Do not buy the red color.

### **THE DAY BEFORE:**

On the entire day before the procedure only liquids, no solid foods are allowed. NO solid foods are allowed for breakfast, lunch, or dinner. You may have any liquids such as water, juices, tea, coffee, soda, non-red sports drinks, and non-red Jell-O. Until 5 pm, you are permitted milk, ice cream with no solid particles, milk shakes and yogurt with no solid particles. After 5 pm, no milk products are allowed.

### **5:00pm:**

Mix the first bottle of MiraLAX in 64 oz of electrolyte solution. Shake the solution until the MiraLAX is dissolved. Drink 8 oz. of the solution every 15 minutes until the solution is finished (64 oz, 8 glasses).

### **THE DAY OF:**

#### **5 hours before your appointment:**

Mix the second bottle of MiraLAX in 64 oz of electrolyte solution. Shake the solution until the MiraLAX is dissolved. Drink 8 oz. of the solution every 15 minutes until the solution is finished (64 oz, 8 glasses).

You must stop drinking 3 hours before the procedure. If you have anything by mouth, including gum, in the three hours before the procedure, the procedure may be rescheduled.

No illicit substances 24 hours prior to the procedure and no alcohol or marijuana products for 12 hours prior. All patients will be assessed for signs of impairment on the day of the procedure and if there is any concern, the procedure will be cancelled.

If you take heart or blood pressure medications, take your pills three hours before the procedure with water (unless advised differently by your doctor).

***Note: Please leave all jewelry and valuables at home. Optum Medical is not responsible for the loss of any patient's property. Do not wear contact lenses.***