



## **Colonoscopy Low Volume 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. ONE 238-gram bottles of MiraLAX
2. ONE 64 oz. bottles of an electrolyte solution (examples: broth, Gatorade, Pedialyte, Hydralife, G2, Powerade). Do not buy the red or purple color.
3. 4 Dulcolax tablets laxatives (5mg tablets)

### **The day before the procedure:**

You may eat a small low residue breakfast, such as eggs and white toast. It must be completed by 9 am. **\*Avoid any seeds, nuts, raisins, fruit and dairy products\*** No more solid food. The remainder of the day you may have any clear liquids such as water, juices, tea, coffee, soda, non-red sports drinks, and non-red Jell-O. Do not consume anything red or purple colored.

Avoid 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.

### **12:00pm:**

Take 2 Dulcolax tablets orally with any clear liquid.

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

Mix the entire MiraLAX container in 64 oz of electrolyte solution. Shake the solution until the MiraLAX is dissolved. Drink 8 oz. of the solution every 15-30 minutes but save the last 2 glasses (about 16 oz for tomorrow morning). If you feel nauseous drink more slowly. Most people begin to have diarrhea within 2 hours after drinking the mix.

### **8:00pm:**

Take 2 Dulcolax tablets orally with any clear liquid. Nothing to eat or drink after midnight.

### **THE DAY OF:**

**4 hours before your appointment:** Drink the last 2 glasses of the mix.

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.

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.***