

**PM COLONOSCOPY PROCEDURE
PREP INSTRUCTIONS –
MIRALAX SPLIT DOSE**



PLEASE READ ALL ENCLOSED INFORMATION CAREFULLY.

Preparation for a colonoscopy is **essential** because your colon must be clean for the physician to perform an adequate examination. If the colon is not fully clean, then a repeat colonoscopy may be necessary. Hydration is also crucial for a successful preparation and procedure. You should always drink 72 ounces of water a day but the few days leading up to your procedure, you must measure your water intake and do your best to drink 72 ounces. You should be drinking enough water to urinate every 2-3 hours and your urine should be clear.

AT LEAST 3 DAYS PRIOR TO PROCEDURE - Please purchase the following at your local pharmacy:

1. Two (2) Miralax™ 8.3oz, #238 grams bottles
**Miralax is sold over the counter, and is not FDA approved*
2. Four (4) 64 Oz bottles (total of 256 Oz) of Gatorade™, Powerade™, or Pedialyte™ – **No Blue, Orange, Red Or Purple**
**If diabetic, you may use Crystal Light™*
3. Fleet Enema™



3 DAYS PRIOR TO PROCEDURE:

Eat a low fiber diet, so **AVOID** whole grain foods (such as bran cereals, and breads made with whole wheat grains), nuts, fresh fruits (including the skin and pulp), dried or stewed fruits (such as raisins, prunes or apricots), root vegetables (such as carrots, turnips, or potatoes), and raw or fresh vegetables such as cabbage.

1 DAY PRIOR TO PROCEDURE:

You may have an early light breakfast (oatmeal, cream of rice, or an egg are the best options –no whole grains). After breakfast - **CLEAR LIQUIDS ONLY** for the remainder of the day.

Your Clear Liquid diet options for the day before your procedure:

- ✓ Water, Coconut Water, Vitamin Water
- ✓ Clear Broths, bouillon
- ✓ One cup of **BLACK** coffee – **NO DAIRY, NO POWDERED OR LIQUID CREAMERS**
- ✓ Tea (green or white) – **NO DAIRY, NO POWDERED OR LIQUID CREAMERS**
- ✓ Clear Juices – such as Apple, White Grape Juice, White Cranberry Juice
- ✓ Carbonated Beverages – **CLEAR ONLY, NO DARK COLORED**
- ✓ Gatorade™/Propel™ sports drinks - **NO BLUE, ORANGE, RED OR PURPLE**
- ✓ Popsicles without milk or added fruit - **NO BLUE, ORANGE, RED OR PURPLE**
- ✓ Jell-O™ - **NO BLUE, ORANGE, RED OR PURPLE**
- ✓ **NO ALCOHOL**

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THE DAY/EVENING BEFORE YOUR PROCEDURE:

1. TIME: 4:00PM the day before your procedure

- Mix half (1/2) the bottle of Miralax™ with 64oz of Gatorade™, Powerade™ or Pedialyte™.
- Drink 1 8oz glass of Miralax solution every 15 – 20 minutes until gone or as quickly as you can tolerate it.
- Make sure you walk around in between drinking the solution, this helps prevent nausea, bloating and will help facilitate the solution to move through your system.
- Continue to drink plenty of clear liquids during and after drinking the solution.

2. TIME: 6:00PM the day of your procedure

- Mix the other half (1/2) of the bottle of Miralax with 64oz of Gatorade, Powerade or Pedialyte.
- Drink 1 8oz glass of Miralax solution every 15 – 20 minutes until gone or as quickly as you can tolerate it.
- Make sure you walk around in between drinking the solution, this helps prevent nausea, bloating and will help facilitate the solution to move through your system.
- Continue to drink plenty of clear liquids during and after drinking the solution.

IMPORTANT – If you are not passing yellowish liquid stool after the first 2 doses, a third does WILL BE REQUIRED utilizing the second bottle of Miralax.

- Repeat Step 1 – using the second bottle of Miralax
THIS MUST BE COMPLETED 6 hours PRIOR to your procedure time

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- ✓ Walk around the house while taking the prep.
 - ✓ If you feel bloated, even with walking, stop drinking for 30-60minutes, then resume drinking prep.
 - ✓ Placing A & D ointment or Vaseline™ around the anal area will lessen irritation and help with chaffing.
 - ✓ Use baby wipes instead of toilet paper to prevent irritation.

THE MORNING OF THE PROCEDURE:

STOP! PLEASE READ AND FOLLOW THESE INSTRUCTIONS CAREFULLY!



Your stool should look like a yellowish liquid (similar to chicken broth). If it does not, you **MUST** give yourself the Fleet Enema™.

4 HOURS BEFORE YOUR PROCEDURE – NOTHING BY MOUTH (NO CLEAR LIQUIDS / NO SOLID FOODS – this includes DAIRY & CREAMER)

NO GUM, CANDY, MINTS, LOZENGES OR CHEWING TOBACCO!

NOTHING to eat or drink until AFTER your procedure

- Please do not forget to bring your insurance card(s), ID card(s), insurance co-payment or any deductible due at time of service.
- You **MUST** be accompanied by a friend or relative, 18 years or older, to drive you home. You **MAY NOT** drive, or go home by taxi or bus. If you do not have a driver your procedure may be cancelled.