MIRALAX-Extended Prep for Colonoscopy

**Date of procedure:** add date  **Arrive at:** add time  **Please select**

**Location of Department:**
Ochsner Medical Center  **Please select**  **Please select**

**As soon as possible:**
- *Pick up your over-the-counter prep (MIRALAX) and DULCOLAX LAXATIVE TABLETS*

**What You Can do:**
- You may have **clear liquids ONLY** - see below for list.

**What You CANNOT do:**
- **Do not EAT solid food**, drink milk or anything **colored red**.
- Do not drink alcohol.
- Do not take oral medications within 1 hour of starting each dose of MIRALAX.
- No gum chewing or candy **morning of procedure**.

**Liquids That Are OK to Drink:**
- Water
- Sports drinks (Gatorade, Power-Aid)
- Coffee or tea (no cream or nondairy creamer)
- Clear juices without pulp (apple, white grape)
- Gelatin desserts (no fruit or toppings)
- Clear soda (sprite, coke, ginger ale)
- Chicken broth **(until 12 midnight the night before procedure)**

**Note:**
- *(Please disregard the MIRALAX bottle instructions).*
- It is not uncommon to experience some abdominal cramping, nausea and/or vomiting when taking the prep. If you have nausea and/or vomiting while taking the prep, stop drinking for 20 to 30 minutes then resume.
MIRALAX-Extended Prep for Colonoscopy

How to take prep:

MIRALAX Bowel Prep - Two (2) bottles-Each bottle is 8.3 oz. (238 grams). You must drink water with each dose, and additional water after each dose.

IMPORTANT: If you experience preparation-related symptoms (for example, nausea, bloating, or cramping), pause or slow the rate of drinking until your symptoms decrease.

DOSE 1— 2 Days Before Procedure

Drink at least 6 to 8 glasses of clear liquids from time you wake up until you begin your prep and then continue until bedtime to avoid dehydration.

- You may have clear liquids ONLY.

Step 1-In the morning - Mix one (1) 8.3 oz. bottle of Miralax (238 grams) and 64 oz. of Gatorade/Power-Aid, place in the refrigerator (do not add ice).

Step 2-12:00 pm (NOON) Take four (4) Dulcolax (Bisacodyl) tablets with at least 8 ounces or more of clear liquids.

Step 3-6:00 pm- Drink one 8 oz. glass of the Miralax/Gatorade prep every 15 minutes until all the mixture (64 oz./half gallon) is gone. Set a timer as a reminder.

DOSE 2—Day Before Colonoscopy

Drink at least 6 to 8 glasses of clear liquids from time you wake up until you begin your prep and then continue until bedtime to avoid dehydration.

- You may have clear liquids ONLY.

Step 1-In the morning - Mix one (1) 8.3 oz. bottle of Miralax (238 grams) and 64 oz. of Gatorade/Power-Aid, place in the refrigerator (do not add ice).

Step 2-6:00 pm- Drink one 8 oz. glass of the Miralax/Gatorade prep every 15 minutes until the half the mixture (32 oz./quart) is gone. Set a timer as a reminder. Refrigerate the remaining half of the liquid for dose 3. See below when to begin this step.

DOSE 3—Day of the Colonoscopy at Please select.

Step 1-Drink the 2nd half of the prep within 1 hour.

Step 2- You may continue drinking water/clear liquids until 4 hours before your colonoscopy or as directed by the scheduling nurse.
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For more information about your procedure, please watch this informational video.

Options for viewing:
  - Using a keyboard: press and hold the control tab (Ctrl) and left mouse click to follow link
    Colonoscopy Video – YouTube
  - OR
  - Type link address into your web browser’s address bar: https://www.youtube.com/watch?v=XZdo-LP1xDQ
  - Using a mobile phone: tap on web address/link.

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