

## 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**

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 **2<sup>nd</sup> 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 .

## MIRALAX-Extended Prep for Colonoscopy

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.*

Comments: