

MIRALAX Instructions for Please select

Date of procedure: add date **Arrive at:** add date

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

On the day before your procedure...

What You CAN do:

- You may have clear liquids ONLY-see below for list.

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)

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.

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

How to take prep:

MIRALAX Bowel Prep-One (1) bottle-8.3 oz. (238 grams). You must drink water with each dose, and additional water after each dose.

DOSE 1—Day Before Procedure add date

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.

Step 1- 12:00 pm (NOON) - Mix the 8.3 oz. bottle of Miralax (238 grams) and 64 oz. of Gatorade/Power-Aid, place in the refrigerator (do not add ice). **Take four (4) Dulcolax (Bisacodyl) tablets with at least 8 oz. or more of clear liquids.**

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

Drink additional water/clear liquids

DOSE 2—Day of the Procedure add date

Step 1- Please select-Drink the **2nd half** of the prep.

Step 2- You may continue drinking water/clear liquids until **4 hours before your colonoscopy** or as directed by the scheduling nurse add time.

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: