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

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.

**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/Powder-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: