

P.M. MIRALAX PREP FOR COLONOSCOPY

YOU WILL NEED TO:

- OBTAIN MIRALAX FROM YOUR PHARMACY, IT COMES IN 8.3 oz (2338mg) BOTTLE. NO PRESCRIPTION REQUIRED.
- OBTAIN DULCOLAX LAXATIVE TABLETS (NOT STOOL SOFTNER) YOU WILL NEED A TOTAL OF (20mg). NO PRESCRIPTION REQUIRED.
- OBTAIN A TOTAL OF 64 oz. OF GATORADE. YOU CAN EITHER BUY ONE 64 oz. BOTTLE OR TWO 32 oz. BOTTLES. AVOID RED OR PURPLE IN COLOR.

DAY BEFORE YOUR PROCEDURE:

- FOLLOW A CLEAR LIQUID DIET THROUGH OUT THE DAY.
- NO SOLID FOOD, MILK OR DAIRY PRODUCTS.

AT 2:00PM:

- TAKE 4 (5mg) DULCOLAX LAXATIVE TABLETS WITH CLEAR LIQUID. A TOTAL OF 20mg.

AT 6:00PM:

- MIX YOUR GATORADE (OR ANY CLEAR LIQUID OF YOUR CHOICE) WITH MIRALAX, SHAKE WELL UNTIL COMPLETELY DISOLVED.
- START DRINKING 8oz. EVERY 15 MINUTES UNTIL FINISHED. YOU WILL DRINK A TOTAL OF 32oz.

AT 6:00 AM: MORNING OF EXAM

- DRINK THE REMAINING 32oz OF THE MIXED SOLUTION 8oz GLASS EVERY 15 MINUTES.

TO AVOID DEHYDRATION DRINK PLENTY OF FLUIDS THROUGH OUT THE DAY PRIOR UP UNTIL 7:30AM THE MORNING OF EXAM.

NOTHING BY MOUTH AFTER 7:30AM

