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Colonoscopy Two Day Bowel Preparation: MiraLAX

Follow-up: If you do not already have an appointment, make a follow-up appointment. Typically, this should be 2 weeks after your colonoscopy.

Over-The-Counter items that you will need to purchase:

1. Milk of Magnesia (two doses)
2. Dulcolax (oral or rectal tablets) - you will need 4 tablets of this
3. MiraLAX - 238g bottle
4. Magnesium Citrate Laxative Solution - 10 ounce bottle

Medication Instructions

- If you take a beta blocker, you can take the day of colonoscopy with a sip of water. For all other medications, please ask your prescribing doctor on what to do.
- If you are on a **blood thinner** (or you are told to take aspirin by your doctor), this is typically stopped 1 to 7 days before colonoscopy. **ASK YOUR PRESCRIBING DOCTOR HOW LONG TO HOLD YOUR BLOOD THINNER PRIOR TO YOUR PROCEDURE.**

Bowel Prep and Diet Instructions

- **3 Days Before Your Colonoscopy**
 - Follow a soft diet (see below for more information on a soft diet). Continue this until your colonoscopy.
 - Do NOT eat any nuts, seeds, dried fruit, or coconut,
 - At **bedtime**: Take a dose of Milk of Magnesia
- **2 Days Before Your Colonoscopy**
 - **10 am**: Drink only CLEAR LIQUIDS starting now
 - **5:30 pm**: Drink about 1/3 - 1/2 bottle of MiraLAX - 238g bottle. Mix the powder with 34 ounces (1 liter) of your liquid of choice (you can use Gatorade). You can mix it all

ahead of time or do it as you go along. You can mix and match liquids as you would like as long as they are clear and not red.

- **6 pm - 9 pm:** Drink 8 ounces of clear liquids every hour
- **9:30 pm:** Take 4 Dulcolax tablets with water by mouth

- **The DAY Before Your Colonoscopy**

- Continue on a clear liquid diet (see below for more information on a clear liquid diet) until your colonoscopy
- Continue to drink the entire 238g bottle of MiraLAX. You need to finish all of the Miralax by **11 pm**.
- **4 pm:** Take 4 tablets of Dulcolax (oral or rectal)
- Nothing to eat or drink after **11 pm** except the Magnesium Citrate.
- **6 hours before** your colonoscopy: drink the 10 ounce bottle Magnesium Citrate Laxative Solution

Diet Descriptions and Helpful Hints

CLEAR LIQUIDS include: Water Clear fruit juice without pulp (apple, white grape, white cranberry) Lemonade (without pulp) Clear broth Coffee or tea (without cream) Sports drink (not red, purple or blue); brands include Gatorade, Powerade, All Sport, etc. Carbonated soft drinks (7UP, sprite)

SOFT DIET Includes: Non-alcoholic beverages, any Soft breads and rolls, crackers, cereals (must not have seeds, nuts, dried fruit, avoid coarse bran cereals). Cakes, pudding, (must not have nuts, seeds, dried fruit, or coconut). Fruit juices, cooked or canned fruit, banana or other ripe soft fruits without seeds. All lean, tender meats, poultry, fish Eggs, mild cheeses. Potatoes, white rice, pasta. Soups made with allowed foods from this list. Hard candy, seedless jams, chocolate, are all allowed

HELPFUL HINTS: You may add crystal light lemonade to the laxative prep. We recommend adding it one glass at a time. It is better to drink the prep quickly-try using a straw. You may suck on hard candy or chew gum between glasses.