

2 Day Miralax Colonoscopy Preparation

Purchase the Following Products:

1. **Miralax 357 gram bottle** (mix 7 servings of Miralax in each 32 oz bottle of liquid)
2. **Gatorade 96 ounces (3—32 oz bottles. NOTHING RED OR PURPLE)** - *Sugar-free drinks (G2, PowerAde Zero, Propel or water) are also options.*

**IF YOU ARE TO BE SEDATED, A RESPONSIBLE DRIVER MUST REMAIN IN THE FACILITY THROUGHOUT YOUR APPOINTMENT. (~2 hours total).
NO EXCEPTIONS.**

Please read all instructions thoroughly.

Two Days BEFORE Your Exam:

- **STOP** all solid foods. NO SOLID FOOD until after your exam.
- Beginning with a clear liquid breakfast, continue to drink at least 8 glasses (64 oz) of CLEAR liquids throughout the day and evening. **Clear liquids include:** Water, sports drinks, black coffee, tea, any soda (light or dark), broth, Jell-O, popsicles, and juice without pulp. **NOTHING RED OR PURPLE.**

The Day BEFORE Your Exam:

- At **9:00 AM** drink one-third (32 oz) of the total Miralax/Gatorade solution over the next 2 hours.
- Continue drinking at least 8 glasses of clear liquids throughout the day and evening to prevent dehydration.
- At **5:30 PM** drink the next third (32 oz) of the total Miralax/Gatorade solution over the next 2 hours.
- A soothing ointment (Desitin, Vaseline) may be applied to the anal area to prevent discomfort and skin breakdown.

The Day Of Your Exam:

- **Four (4) hours** before your arrival time, drink the remaining third (32 oz) of the Miralax/Gatorade solution over the next 2 hours.
- **NOTHING BY MOUTH FOR 2 HOURS BEFORE YOU ARRIVE! (This includes water, gum and mints. NOTHING by mouth.)**
- Bowel movements should be very watery and yellow or green in color. **CALL US IF STOOLS ARE STILL BROWN!**

Medications:

- **Take all your regularly prescribed medications** at least two (2) hours before you arrive.

Diabetics:

- Test your blood sugar before coming in for your procedure and bring the reading with you.
- If you take oral medication or insulin, **DO NOT** take it the morning of your procedure..
- Please contact the physician that manages your diabetic care if you have any questions regarding your oral medication or insulin dosages.

Blood Thinners:

- If you are taking blood thinners, call your prescribing physician and ask if you may stop taking the medication for the required amount of time prior to your procedure.
- You may continue taking aspirin, ibuprofen and other anti-inflammatory medications.

Bring with you:

- **Your inhaler, if you use one**
- **Your insulin, if you use it**
- **If you did NOT use online registration**, bring completed registration forms with you
- **Photo ID and Insurance Card**
- **List of all medications**, vitamins and supplements you are taking (include dosage and last date and time each medication was taken before your arrival)
- **Wear a short-sleeved shirt**

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Arrive at the Endoscopy Center at your scheduled registration time. Call us with any questions regarding your preparation.

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