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## MIRALAX BOWEL PREP INSTRUCTIONS

You will need to purchase the following over-the-counter supplies:

- 64 oz **Gatorade®**, **G2®**, **Powerade®**, **Propel Water®**
- 238 gram (8.3 oz.) **bottle of MiraLax® ( or generic equivalent)**
- 1 small box of **Dulcolax** laxative tablets (**bisacodyl 5mg**)
- 10 oz bottle of **Magnesium Citrate Solution (If this is not available- you may purchase 1 small bottle of Milk of Magnesia *in place of* the Magnesium Citrate)**

### 3 Days Before Your Colonoscopy

- Stop eating seeds, nuts, popcorn and raw fruits and vegetables. No corn, whole beans or vegetables with skin or hulls.

### 1 Day Before Your Colonoscopy on \_\_\_\_\_

The entire day before your colonoscopy, you will be on a clear liquid diet (this includes breakfast). You may consume as many clear liquids as you like. Please refer to the clear liquid diet list on the next page.

1. At 11:00 a.m. – Take 4 Dulcolax tablets with 6 to 8 oz. of water.
2. At 3:00 p.m. – Mix the entire 8.3 oz. bottle of MiraLax with the 64 oz. of Gatorade in a separate pitcher / container large enough to hold both the MiraLax and Gatorade.
3. At 3:30 p.m. – Drink 8 oz. glasses of the Gatorade / MiraLax mix every 15-20 minutes until gone. Please try to finish the 64 oz. within 1 ½ - 2 hours.
4. At 9:00 p.m. – You should have completed your prep. You should have watery stools, with NO solid stool. If you are seeing solid pieces of stool, or the watery stool is becoming darker and is the consistency of mud, or if you are unsure, you will need to drink the 10 oz of MAGNESIUM CITRATE **or** the 60 mL Milk of Magnesia
5. After finishing your prep, you may have as much clear liquids as you desire up until midnight.

### The Day of Your Colonoscopy on \_\_\_\_\_

- Nothing to eat or drink after midnight. If you were instructed to take medications by the pre-op nurse the morning of your procedure, you may have small sips of water to aid in swallowing the medicine.
- You cannot drive yourself home. You must arrange for transportation home.
- You should make arrangements to be off work the rest of the day. You may return to work the following day.

**If you have any questions or problems with the bowel prep,**  
**Please feel free to call the office.**

- Office hours: Monday – Friday 8:30 a.m. to 5:00 p.m. **Call 316-283-0027.**
- After hours: Page the doctor scheduled to perform your colonoscopy by calling **316-283-2700** then dial 0 to speak to the operator. The operator will contact your provider and he will call you back.

*A nurse from the hospital will call you the day prior to your procedure to give you instructions of when and where you will need to check in. If you have not heard from the nurse by 3:00 pm the day prior to your procedure, please call 316-804-6165 (NMC Health pre-op department).*

**CLEAR LIQUID DIET**

**SOUPS:**

Clear Beef Broth/Bouillon  
Clear Chicken Broth/Bouillon  
Clear Vegetable Broth/Bouillon

**BEVERAGES:**

Any juice that DOES NOT contain pulp  
Apple juice  
Grape juice  
Cranberry juice  
Soda Pop: any flavor  
Gatorade  
Kool-Aid  
Water  
Tea  
Coffee (NO milk or non-dairy creamer)

**OTHER**

Plain Jell-O: ANY FLAVOR (NO fruit, toppings or other additives)  
Frozen popsicles (NO sherbets or fruit bars)  
Hard candies: Lifesavers mints, regular Lifesavers, Jolly Ranchers . . .

- \* NO JUICE WITH PULP IN IT (Like tomato, orange, apricot, etc.)
- \* NO DAIRY PRODUCTS or NON-DAIRY CREAMERS
- \* NO SOLID FOODS, MILK PRODUCTS OR ALCOHOL