



COLONOSCOPY PREPARATION WITH MIRALAX/WATER

You will need to purchase an 8.3 oz bottle of Miralax (which is available over-the-counter) and three 5 mg. Dulcolax Laxative Tablets)

1. The day before the test, you may have only clear liquids for breakfast, lunch and dinner (nothing red or purple in color). This includes:
 - * Clear broth (i.e. chicken, beef, vegetable)
 - * Pop (including Pepsi, Coke, Vernors, etc.)
 - * Coffee or Tea (sugar or substitute is OK, NO cream)
 - * Fruit Juices (pulp free only, i.e. orange, apple, etc.)
 - * Water
 - * Popsicles or Fruit Ices (no red or purple)
 - * Jello (no red or purple)
 - * Gatorade (no red or purple)

Avoid anything red or purple in color. No dairy products or non-dairy creamer, this includes Ensure.
NO SOLID FOOD THE DAY BEFORE THE TEST!
It is important to drink a lot of fluids throughout the day.
2. **At 4:00 PM**
 - Mix the 8.3 oz bottle of Miralax in 64 oz WATER. Drink an 8 oz glass every 15 – 20 minutes until gone.
3. **At 6:00 PM (or one hour after finishing the Miralax drink)**
 - Take three (3) Dulcolax 5 mg tablets with a glass of water, even if stool output appears clear.
4. If you can not tolerate the prep or have questions, please call the office at (586) 447-0704. After 5 PM, please call the answering service at (586) 693-3876.
5. You are to have nothing to eat or drink from midnight the night before the test. Not even water. **See instructions at the bottom of the page regarding taking your medications.**
6. **Due to State Regulations, you must have a driver for transportation, who must stay with you for the procedure.**
7. No aspirin or aspirin-like products (Motrin, Aleve, Advil, etc.) for 5 days prior to the test. Tylenol (Acetaminophen) or Extra Strength Tylenol is okay to use. No iron supplements 48 hours prior to your procedure.
8. Please discuss your medications with the physicians, especially insulin, aspirin, Coumadin, Plavix, etc.
9. If you are unable to keep your appointment, please call the boarding department at (586) 447-0704 before 5 PM. After 5 PM, you may notify the answering service at (586) 693-3876.

SPECIAL INSTRUCTIONS:

- Patient must have a driver.
- Nothing to eat or drink after midnight.
- Check with your PCP for instructions on diabetic medications for prep and/or procedure days.
- Discontinue the following medications: _____

- Take the following medications with a sip of water 2 hours prior to your test: _____
