



## MIRALAX BOWEL PREP INSTRUCTIONS

If you are on blood thinners such as Coumadin or Plavix please let the doctor know. No NSAID (aspirin, ibuprofen products) 7 days before your procedure. Tylenol is okay to take.

Purchase the following at your grocery store:

- \*Four - 5 mg Dulcolax (bisacodyl) tablets**
- \*One - 238-gram bottle of MiraLAX (polyethylene glycol 3350)**
- \*64 oz. of Gatorade. If you are unable to tolerate Gatorade, you may use crystal light, Kool-Aid, apple juice, or flavored water to mix your MiraLAX in. NO RED OR PURPLE LIQUIDS!**



## The day before your procedure\_\_\_\_\_

The day before your colonoscopy you need to be on a CLEAR LIQUID DIET ALL DAY. Solid foods, milk, and milk products are not allowed. **DO NOT DRINK:** noodles or vegetables, juice with pulp, alcohol, or liquid you cannot see through.

Clear liquids include the following: Water, bouillon and broth soups, coffee and tea without creamer or milk, light colored juices (apple juice, lemonade, white cranberry) without pulp, clear sodas, light colored Jell-O's, Gatorade, and plain popsicles. Hard clear candy is okay. Drink different types of clear liquids. Do not just drink water, coffee, and tea. This helps to make sure that you get enough calories and is an important part of your colonoscopy preparation.

### **NO RED OR PURPLE LIQUIDS!**

➔ **STEP 1** At 12:00 PM take the 4 Dulcolax tablets with a glass of water.

➔ **STEP 2** At 6:00 PM mix the entire 238-gram bottle of MiraLAX in the 64 oz. of liquid drink that you have chosen and stir until dissolved. Drink 1 (8 oz.) glass of MiraLAX solution every 10 minutes until gone. You must finish by 7:30. Do not use ice. Drinking the prep through a straw and chilling it may improve tolerance. CONTINUE ON CLEAR LIQUIDS UNTIL MIDNIGHT AND THEN NOTHING BY MOUTH UNTIL AFTER YOUR PROCEDURE.

Do not take your medications within 1 hour of starting your prep or 1 hour after finishing your prep.

If you experience nausea or vomiting rinse your mouth with water. Take a 15 to 30 minute break and then continue drinking the prep solution. If you cannot tolerate this, please call the office for further instructions.

If you follow the instructions and your stool is no longer formed but clear or yellow liquid,  
you are ready for the exam!

You may continue to drink water up to four hours before your scheduled arrival time.

**The morning of your procedure** you may take your approved medications with a small sip of water, **no coffee**.

Please arrive:

- MHCC 111 South 5th Street 2nd floor admissions Douglas, WY
- Summit Medical Center 6350 E 2nd St Ste 190, Casper, WY 82609

at TIME: \_\_\_\_\_ on \_\_\_\_/\_\_\_\_/\_\_\_\_

Surgery scheduling will give you a call the day before to give you your arrival time.

If you have not heard from them by 4 pm the day before your procedure please call 307-358-7300.

You will need to arrange for transportation for this procedure with a responsible friend or family member. The MHCC ambassadors van (**307-359-3330**) may be available if you live in town to bring you to your appointment should you need it.

**If you do not follow the instructions above exactly as written,  
your procedure may be canceled.**