



Digestive Specialists, Inc.  
Digestive Endoscopy Center, LLC  
www.digestivespecialists.com

## 2 Day Miralax Prep Instructions

***Please read these instructions thoroughly to ensure a successful preparation for your procedure.***

Date \_\_\_\_\_ Time of Arrival \_\_\_\_\_

- Sugarcreek Twp.** 4340 Clyo Road, Suite 100
- Dayton** 1530 Needmore Road, Suite 100
- Huber Heights** 5697 Shull Road
- Springboro** 77 W. Eleanor Drive
- Miami Valley Hospital** One Wyoming Street • Dayton, 45409
- Kettering Medical Center** 3535 Southern Boulevard • Kettering, 45429

### Colonoscopy Prep

1. Miralax 238 gm  
- 1 bottle
  2. Dulcolax (bisacodyl)  
Laxative  
- 2 tablets
- 1 bottle of Magnesium Citrate (only if checked)

You are scheduled with Dr. \_\_\_\_\_

The Medical Assistant may be reached at \_\_\_\_\_.

After 5:00 PM or on weekends, call (937) 534-7330 to page your doctor.

## Important Information

- For 7 days prior to your procedure stop taking iron supplements.
- For 3 days prior to your procedure drink plenty of fluids to hydrate yourself
- Take heart, blood pressure or seizure medications with a small amount of water up to 2 hours before your procedure.
- Complete the entire preparation per the instructions. If you get nauseated or vomit when drinking the prep and you have not finished the entire amount:
  - Stop drinking any further prep or liquids for the next hour until nausea/vomiting has subsided then restart drinking it until finished.
  - If you still cannot finish the prep, please call us at the number listed above.
- Bring a licensed driver. You will not be allowed to drive home.
- You may *not* take a cab alone.
- Do not smoke on the day of your procedure.



On \_\_\_\_\_ (Two days prior – only if box is checked)

- Drink 1 bottle of Magnesium Citrate (over the counter) at 6 pm

On \_\_\_\_\_ (Day before your procedure)

- Begin clear liquid diet as instructed on the right. ⇨
- Do not eat any solid foods until after your procedure is completed
- Drink as much clear liquid as you can all day in order to remain well hydrated.
- Mix one bottle of Miralax (238gm) in 3 ½ quarts (112 oz) of Gatorade (not red or purple) to make your prep solution
- At 12:00 NOON, take 2 Dulcolax tablets
- Between 4:00 PM- 6:00 PM drink seven 8 oz glasses of the Miralax prep solution. Shake well before pouring



### Clear Liquids Diet

(Liquids you can see through)

- Gatorade( *is preferred*)
- Clear fruit juices, white grape juice and apple juice
- Kool-Aid or PowerAde
- Clear soup, broth or bouillon
- Water
- Tea or coffee - *No cream* (May have sugar)
- Hard candies
- Soda pop
- Jell-O or popsicles
- Nothing red or purple
- No alcoholic beverages
- No protein drinks or smoothies

2<sup>nd</sup> Half of Miralax Prep - ***Even if you are passing clear liquid the night before, you still need to complete the prep.***

On \_\_\_\_\_ At \_\_\_\_\_ AM / PM (6 hours before your arrival time)

- Drink another seven 8oz glasses of the Miralax prep solution over the next 2 hours.



*After completing the second part of the prep:* Do not drink anything else. Do not chew gum or eat hard candy.

