

## **COLONOSCOPY PREP KIT INSTRUCTIONS (MIRALAX)**

**PREP KIT CONTAINS:** 2 Bisacodyl tablets, 1 bottle PEG 3350 (8.9 oz generic for Miralax) and 1 bottle of Magnesium Citrate (10 oz).

**YOU MUST PURCHASE 64 OZ BOTTLE OR TWO 32 OZ BOTTLES OF GATORADE REGULAR, G2, OR POWERADE (NOT RED – NOT POWDERED)**

### **5 days before your procedure:**

- Discontinue fiber supplements or medications containing iron; follow your physician's instructions regarding aspirin, Plavix, or anticoagulation medicines (e.g. Coumadin)
- Patients should continue all other medications unless instructed by their physician.

### **3 days prior to your exam:**

- Stop eating high fiber foods (including nuts, corn, popcorn, raw fruits, vegetables, and bran).

### **1 day prior to your exam:**

Refrigerate the Gatorade/Powerade if you wish to drink it cold.

**BEFORE 10 AM** you may have ONE of the following items for breakfast:

- One egg
- A piece of white toast
- A can of Ensure (do not use EnsurePlus)

**After breakfast begin clear liquid diet** (no red liquids or alcohol)

- Drink 6-8 glasses of water during the day
- Coffee or Tea (no milk)
- Clear broth or bouillon
- Carbonated or non-carbonated soft drinks
- Fruit juices without pulp
- Jell-O, popsicles, hard candy

**Between 4pm and 6pm:** Take 2 Bisacodyl tablets

**Between 6pm and 8pm:**

- Mix 1 bottle of PEG 3350 (generic for Miralax) with 64 oz of Gatorade or Powerade in a large pitcher
- Drink 1-8 oz. Glass of Gatorade or Powerade/PEG 3350 (generic for Miralax) solution every 15-30 minutes until the mixture is gone.

**Day of your exam:** Take all of your morning medications

**4 hours before your procedure:**

- Drink the 10 oz. Bottle of Magnesium Citrate.

**STOP** drinking clear liquids 3 hours prior to your procedure time.