



Miralax Preparation Instructions

(AM Scheduled Appointment)

IMPORTANT - Please read your instructions carefully for the best outcome.

KEY INSTRUCTIONS:

- **Pick up** Miralax 8.3 oz. / 238 gm at the Pharmacy of your choice as soon as possible.
- **Pick up** two 32 oz. bottles of any approved clear liquids (see FAQ) for mixing your prep.
- **Pick up** Dulcolax 5mg tablets.
- **Follow** instructions **exactly** as written. If your colon is not clean, your procedure may be incomplete, requiring you to repeat the colonoscopy.
- **Drink** a large amount of fluid the day before your procedure to hydrate yourself. Consult with your physician if you have been told to limit the amount of fluid you should drink.
- **Please** look at your bowel movements, acceptable color should be clear yellow.
- **Avoid** sitting for long times, activity will help your body clean your colon.

The **day before your procedure**, you may have clear liquids listed in these instructions. **Do not eat** solid, soft, or creamy foods.

At **2 p.m.**, take two 5mg Dulcolax tablets. Add half of the Miralax powder to each 32 oz. bottle of clear liquid and mix. Refrigerate.

At **4 p.m.**, begin drinking your prep. Drink one 8 oz. cup of mixed prep every 15 minutes until you have finished drinking the first full bottle (32oz) of your mixed prep. Drink an additional 32 oz. of water.

It is important that you continue to drink clear liquids in between the 1st and 2nd half of your prep to prevent dehydration and for best outcome of your prep.

Between **8 p.m. and 10 p.m.**, begin drinking the second half of your prep. Drink one 8oz. cup of mixed prep every 15 minutes until you have finished drinking the second bottle (32 oz.) of mixed prep. Drink an additional 32 oz. of water.

Please drink the entire prep. If you feel sick or vomit, you may slow down how often you are drinking.

You will need to stop drinking all liquids 6 hours prior to your procedure time.

Clear Liquid Diet (Please remember no red or purple)

- Strained juices: apple, white grape, white cranberry
- Tea without milk or cream
- Fruit flavored drinks
- Carbonated soft drinks – avoid dark soft drinks
- Plain Jell-O
- Ice popsicles
- Clear broth or brewed bouillon

Helpful hints to prepping:

If you have anal irritation, gently pat the area with the toilet paper or flushable wet wipe.

We recommend getting one of the below over-the-counter products for anal discomfort:

- Creams or ointments (Aquaphor, diaper rash cream/ointment — please avoid Vaseline)
- Tucks or Fleets relief pads (chilling them works well)

To make the prep easier to drink:

- Using a straw to drink your prep
- Rinse your mouth with water or other liquid; or suck hard candy between cups.
- Chill your solution before beginning your prep for better taste.

If you have questions or need to reach us call:

- Cooperstown GI Lab: 607-547-3388
- OSS Ambulatory Surgery: 607-433-6437
- Herkimer Health Center ASU: 315-867-2839/2850
 - O'Connor Ambulatory Surgery: 607-746-0404
 - Cobleskill Regional: 518-254-3373
 - Little Falls Ambulatory Surgery: 315-823-5351
 - A.O. Fox Ambulatory Surgery: 607-431-5605