

# ALTERNATIVE PREP - COLONOSCOPY ONE DAY MIRALAX BOWEL PREPARATION



## Purchase the following supplies for your bowel preparation:

1. Four 5 mg bisacodyl laxative tablets.
2. 8.3 ounces (238 grams) of Miralax or generic equivalent called polyethylene glycol laxative.
3. 64 ounces of clear liquid, such as Gatorade, Powerade, Vitamin Water, or Propel. You should refrigerate these the day before use. Diabetics may use the sugar-free versions of these products.
4. 10 ounce bottle of Magnesium Citrate.
5. Simethicone 180 mg tablets.

## Diet:

1. **For the entire day prior to your procedure, you can only eat clear liquids.** You cannot eat solid food, soft foods, or dairy products. Clear liquid foods include Gatorade, Powerade, clear broth, Jell-O, popsicles, clear fruit juices, coffee and tea, and clear Ensure. You need to drink plenty of liquids throughout the day prior to your bowel preparation to achieve a good result.
2. **Do not eat, drink, or put any substance in your mouth for 4 hours prior to your procedure.** This includes chewing gum, hard candy, and tobacco products. You must complete the last dose of your bowel preparation 4 hours before your procedure.
3. **You should not eat nuts, seeds, or fiber supplements for 1 week prior to your procedure.**
4. **Eat a low-fiber diet for 1 week prior to your procedure.**
5. **Stop iron supplements 1 week prior to your procedure.**

## Bowel preparation instructions:

### Day before procedure

1. **Clear liquid diet for the entire day.**
2. Mix the entire 238-gram bottle of Miralax in 64 ounces of clear liquid.
3. **4:00 pm** – Take 4 Dulcolax tablets.
4. **5:00 pm** – Drink 10 ounces of Magnesium Citrate.
5. **6:00 pm** – Drink the first 32 ounces of the Miralax mixture. Try to drink 8 ounces every 15 minutes. If you feel nauseated, you may drink more slowly.

### The morning of your procedure

1. Drink the second 32 ounces of the Miralax mixture and take one 180 mg Simethicone tablet. You need to **finish at least 4 hours before** your procedure.
2. **Do not eat, drink, or put any substance in your mouth for 4 hours prior to your procedure.** This includes chewing gum, hard candy, and tobacco products.
3. **If you do not have any results after the first dose of Miralax mixture, please contact the GI physician on call by calling our office number (330) 926-3313.**