

COLONOSCOPY PREPARATION INSTRUCTIONS

MIRALAX / DULCOLAX PREP

It is very important for you to **read and follow these instructions**. Failure to do so may result in cancellation of your procedure. Please keep them in a place where you can find them to **review again**, ALONG WITH THE GENERAL COLONOSCOPY INSTRUCTIONS, **one week prior to your test date**.

TEST DATE: _____

You must PURCHASE either:

1. **Ez2go Prep Kit** (available at our offices, ONLY at the time of your office visit- No Walk-In purchases)
2. **64 oz. of any clear liquid** (clear juice, fruit drinks, Gatorade, clear soda) (**nothing red in color**)

OR, (in any pharmacy, or grocery store in laxative aisle.)

1. **One 238 gram bottle of Miralax (8.3 oz.)**
2. **Two Dulcolax Tablets (Laxative, NOT Stool Softener)**
3. **64 oz. of any clear liquid** (clear juice, fruit drinks, Gatorade, clear soda) (**nothing red in color**)

ON THE DAY BEFORE THE TEST _____, DO THE FOLLOWING:
Date

ALL DAY BEFORE TEST-You must stay on a CLEAR LIQUID DIET ONLY!!!

CLEAR LIQUID DIET

Water	Tea	Clear Broth	Clear juice (no pulp)	Ice pops (no red)	
Jell-O (no red)		Ginger ale	7-up	Gatorade	Fruit drinks (no red)
Coffee (very small amount of milk)			Italian Ice (no red)		

NO SOLID FOOD PERMITTED!!

NO RED FLUIDS!!

DRINK AT LEAST 8 (8oz.) GLASSES OF CLEAR LIQUIDS

HOW TO TAKE THE PREP:

1. Beginning at approximately 10:00 AM

Take the two (2) Dulcolax (Bisacodyl) tablets with 8 oz. of water. Swallow the tablets whole with a full glass of water.

2. Beginning at approximately 12:00 NOON

Mix the entire bottle of Miralax (or large bottle in ez2go kit) in 64 oz. of any clear liquid.

Shake the solution until the Miralax is dissolved. Drink the mixed solution slowly over 8 – 10 hrs, or as tolerated until the solution is finished.

Please note; over the counter topical ointment/ cream, such as A&D, may be using to prevent rectal discomfort.