

COLONOSCOPY PREPARATION INSTRUCTIONS

Miralax

In order for the doctor to carefully examine your bowel, you must cleanse your bowel of stool prior to the colonoscopy. Please purchase MIRALAX several days prior to your procedure.

Please purchase **Miralax 236 Gram Bottle** from your pharmacy. You will find this in the laxative aisle.

5 Days Prior to Your Procedure:

Begin eating a LOW FIBER diet. Please AVOID high fiber foods-vegetables and fruits with skins or seeds, nuts, corn, popcorn, and whole grains. You may eat dairy products, pasta, white bread, eggs, meats (chicken and fish without skin are best), bananas, applesauce, potatoes without skins, and smooth tomato sauce. Dessert foods —cake, pudding, or cookies without nuts. Please follow this diet as closely as you can.

1 Day Before Your Procedure:

NO FOOD! You may have CLEAR LIQUIDS ONLY. Clear liquids consist of water, broth, tea, coffee, apple or white grape juice, Gatorade, Jell-O, and popsicles. Please avoid any clear liquids that are red or purple in color. You may not have dairy products or juices with pulp.

The night before your Procedure:

At 5:00 pm, mix the 236 gram bottle of Miralax with 64 ounces of Gatorade (NO RED, PURPLE, OR PINK). Shake the solution until Miralax has dissolved. Drink an 8 oz glass of the mixture every 10 to 15 minutes until the solution is gone.

Continue to drink clear liquids until bedtime, as this will prevent dehydration.

For a colonoscopy scheduled before 10:00 am

Start to drink the prep at 5:00 pm.

For a colonoscopy scheduled after 10:00 am

Start drink the prep at 5:00 PM. Consume half of the laxative, 32 ounces, drinking 8-ounce glass of mixture every 10-15 minutes. **DO NOT** drink any other liquids while you are drinking the prep. When you have finished the 32 ounces, you may resume clear liquids.

Five hours before your scheduled arrival time, Drink the remaining 32 ounces of Laxative. It must be completed 3 hours before your scheduled arrival time, then nothing by mouth.

If you are having difficulty drinking the prep (including nausea and/or vomiting after following the Helpful Hints below) please call the gastroenterologist on call at Needham Gastroenterology Associates, 781-444-6460. If it is the morning of your procedure and you are still passing formed or liquid brown stool after completing all of the prep, please call the Beth Israel Deaconess Hospital–Needham at 781-453-7861 after 7 am and ask to speak to a nurse.