



Colonoscopy Preparation
MiraLAX (over-the-counter)-8.3 ounces
(also available in generic form)

Day before procedure:

1. **Clear liquids only** (examples: coffee, tea, any cola, Jell-O, water, apple or white grape juice, bouillon, clear soups, popsicles (no red- or purple-colored liquids). Please no milk products or juice with pulp. **NO SOLID FOOD** the day before the procedure. *****DRINK PLENTY OF CLEAR LIQUIDS ALL DAY*****
2. 10:00 a.m. take **2 Dulcolax laxative tablets**
3. You will need **2 (32 ounce) bottles of Gatorade** (Diabetic patients may use Gatorade G2 or Crystal Light mixture)- **please no red or purple** and an **8.3 oz bottle of MiraLAX**.
4. Beginning at 5:00 p.m., mix the **HALF** of the 8.3oz bottle of Miralax into one bottle of Gatorade. Drink 8 ounces of this mixture every 15 minutes until it is gone.
5. You may have clear liquids until midnight (**please see the above list**) –**then nothing to eat or drink after midnight.**

Morning of Procedure:

6. 4 hours before your arrival time, mix the **2nd HALF** of the MiraLAX into the **2nd** bottle of Gatorade. Drink 8 ounces of this mixture every 15 minutes until it is gone. You may not have anything else to eat or drink.
7. Please let the doctor know if you are diabetic or on a blood thinner. If you are taking aspirin or aspirin containing medications, you do **NOT** have to stop. Do not take any diabetic medicines the morning of the procedure, or the evening before. **If you take blood pressure medications, please take with a SIP of water.**
8. **If you use a rescue inhaler for breathing issues, please bring inhaler.**

If you should have questions about your bowel preparation, please call Boice-Willis Clinic GI at 252-937-0231. If your procedure is tomorrow, and you need assistance with your prep after 5pm today, please call Nash General Hospital at 252-962-8822. Please report to Boice-Willis Clinic at Rocky Mount Medical Park, Winstead Ave, 3rd Floor Endoscopy Center, Suite 310, at your appointed time. We look forward to the opportunity to provide you with safe and compassionate care.