



Colonoscopy Prep Instructions with MiraLAX & Dulcolax

Important Information

Please call us at **212-434-3427, Option #1** if:

- You cannot make your appointment (must be 1 week early notice)
- You're concerned your prep is not working
- You have any questions or concerns

Pre-Procedure Checklist: 1 week before procedure

- Do blood work / EKG (fax to 212-434-6275) - as determined by your provider
- Get MiraLAX or generic PEG 3350 (1 bottle, 238 grams)
- Get water, Gatorade, or Vitamin Water Zero (2 liters, 64 oz, no red coloring)
- Get 2 Bisacodyl (Dulcolax) tablets (5 mg)



- Stock up on clear liquids (any liquid that you can see through (water, tea, black coffee, clear broth, apple juice, ginger ale, sports drinks). Jell-O, flavored ices, hard candies, and gum are OK. Mint tea can be soothing.
 - Avoid juices with pulp and anything with red, blue, or purple color
- Talk to your doctor about any clearances you may need or possible medicine adjustments like:
 - Blood thinners
 - Diabetes medicine
 - Cardiac issues
- **Important:** Arrange who will drive you home after your procedure ahead of time. You cannot take public transportation, a taxi, or rideshare.



How to Prep for Your Colonoscopy

<p>1 day before your procedure</p>	<ul style="list-style-type: none"> ● Eat a light breakfast before 9am ● Follow a clear liquid diet for the rest of the day <ul style="list-style-type: none"> ○ Clear liquids are: water, tea, black coffee, clear broth, apple juice, ginger ale, Gatorade, and mint tea ○ Flavored ice, hard candies, and gum are OK
<p>1 day before your procedure @ 5pm</p>	<ul style="list-style-type: none"> ● MiraLAX powder prep <ul style="list-style-type: none"> ○ Place MiraLAX powder (238 gram) and 2 liters (64 oz) of Gatorade or water in a pitcher and mix well. ○ Store in the refrigerator ● Take 2 Bisacodyl (Dulcolax) 5 mg tablets ● Drink half (1 liter) of the prep solution over 2 hours <ul style="list-style-type: none"> ○ It's important to keep drinking the solution even though the laxative may not begin for another 2 to 3 hours. ○ If you get nauseous, wait 15 minutes, then continue drinking in smaller amounts, and use a straw.
<p>6 hours before your procedure</p>	<ul style="list-style-type: none"> ● Drink the remaining half (1 liter) of prep solution over 2 hours ● You may need to wake up very early to complete the prep <ul style="list-style-type: none"> ○ It's worth it. It helps you get a good prep so you don't need to repeat the process all over again! ● The correct timing of drinking the prep is critical
<p>4 hours before your procedure</p>	<ul style="list-style-type: none"> ● Do NOT eat or drink (including water) ● Do NOT smoke ● Take your morning medicine with sips of water

Procedure Checklist & Hospital Arrival

- **You cannot drive after the procedure or take public transportation.** Please have someone at the hospital to take you home.
- Arrive at the hospital **1 hour before your procedure time**