

Colonoscopy Prep instructions

Dulcolax/Miralax

Purchase

1. 4 Tablets of Dulcolax (Over the counter)
2. 238 gram bottle of Miralax
3. Divide Miralax into two portions. Mix each portion with 32 oz (a **4 cup measuring cup**) of water or any other clear liquid.

Day Before

1. Have **Clear** liquids only for the entire day (clear broth, water, juices, soda, jello, Popsicle, black coffee, tea).
2. Around 5 p.m. take 4 tablets of Dulcolax with a glass of any clear liquid.
3. At 6 p.m. drink 1-32oz portion of Miralax Mixture over approximately 2 hours.
4. At 11 p.m. drink the 2nd 32 oz Miralax Mixture over approximately 2 hours.
5. Nothing to eat or drink after midnight except for your prescription medications the morning of your test, unless advised differently.
6. If you are taking **Coumadin**, please **CALL** us to discuss your medications before your procedure.
7. If you are a **Diabetic** on medication, please **CALL** us to discuss your medications before your procedure.