

MIRALAX (for patients <70 years of age)

Double-Dose 2-Day Colonoscopy Preparation Instructions

One week before your colonoscopy begin a low fiber diet.

Two days before your colonoscopy:

Begin a Clear liquid diet only ALL DAY-
See attached list. NO ALCOHOL

Drink an extra 8 ounces of clear liquid every hour from
8:00am until midnight.
Gatorade is preferred.

7:00 pm

Mix ½ of the MiraLax 238 gram bottle in **EACH** 32 ounce Gatorade bottle until dissolved and keep each bottle cold in the refrigerator.

8:00 pm

Take 4 Dulcolax tablets with water and continue clear liquids.

9:00 pm

Begin drinking the first bottle of Gatorade/MiraLax solution at a rate of 8 ounces every 15-30 minutes (over 1-2 hours) until the first bottle is gone.

You are encouraged to continue drinking clear liquids until you go to bed.

One day before your colonoscopy is scheduled:

**Continue the Clear liquid diet only ALL DAY-
See attached list. NO ALCOHOL**

8:00 am

Take the second 32 oz. bottle of Gatorade/MiraLax solution at a rate of 8 ounces every 15-30 minutes (over 1-2 hours) until the second bottle is gone.

Continue drinking clear liquids throughout the day. Preferably Gatorade.

7:00 pm

Mix ½ of the MiraLax 238 gram bottle in **EACH** 32 ounce Gatorade bottle until dissolved and keep each bottle cold in the refrigerator

8:00 pm

Take 4 Dulcolax tablets with water and continue clear liquids.

9:00 pm

Begin drinking the third bottle of Gatorade/MiraLax solution at a rate of 8 ounces every 15-30 minutes (over 1-2 hours) until the third bottle is gone.

You are encouraged to continue to drink clear liquids until you go to bed.

The day of your colonoscopy:

**NO SOLID FOOD
NO ALCOHOL**

You may take your morning medications.

4-5 hours before the time your procedure is scheduled:

Take the fourth 32 oz. bottle of Gatorade/MiraLax solution at a rate of 8 ounces every 15-30 minutes (over 1-2 hours) until the fourth bottle is gone.

3 hours prior to the procedure stop drinking and do not have anything else by mouth, until after your procedure.

After the procedure you may eat your usual diet unless otherwise instructed.
Drink 8 ounces of liquid at least 6 times after the procedure and before retiring for the night.

You will need the following supplies: **4 Gatorade 32 oz. bottles**
8 Dulcolax Tablets
2 Miralax 238 gm bottles

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