

# Digestive Disease Associates

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Miralax Prep:

**You will need the following items:** Four (4) dulcolax tablets, 64 ounce bottle of Gator-Aid or Power-Aid (not colored red or purple), 238 gram bottle of miralax.

**The day prior to your colonoscopy,** you will need to maintain a clear liquid diet. This includes items such as water, tea, apple or white grape juice, clear sodas, clear broth, jello (not red or purple). Avoid milk products. Avoid any solid food.

**The day before the procedure,** mix the 238 gram bottle of Miralax into the 64 ounces of Gator-Aid or Power-Aid and refrigerate.

**Starting at 4 PM the day before your procedure,** take the four (4) dulcolax tablets with water. **At 6 PM,** start drinking the solution. Drink an eight ounce glass every 10 minutes. Keep drinking until half (1/2) the solution is gone (total of 32 ounces). It is important you try to finish this part of the prep in two hours. Bowel movements should begin about a half hour to an hour after your first glass. Feelings of bloating and nausea are common after the first few glasses. They should subside when you start having bowel movements. If needed due to nausea, you may take a 30 minute break, then start again till the first half of the solution is taken. Refrigerate the remaining solution.

The rest of the solution will be consumed six (6) hours prior to your scheduled procedure time.

**Six (6) hours prior to your procedure,** start drinking an eight ounce glass every 10 minutes until the remaining solution is gone. It is important that you finish this part of the prep in two hours. Do not eat or drink anything else four hours prior to your procedure.

**TIPS:** Chill it. Try chilling the glass too. Drink the whole glass quickly, do not sip. Rinse your mouth with cool water between glasses. Drink the solution with a straw. Place some light reading material in the bathroom. Make sure you use soft toilet tissue or pre-moistened bathroom wipes to prevent soreness.

**Please follow these instructions for the best results for your procedure. Failure to follow these instructions could result in cancelation of your procedure and rescheduling.**