

Surgery Center Plus - Colonoscopy Miralax Prep Instructions

Day before your procedure:

1. Please follow a clear liquid diet only for all three meals:
 - A. Examples: Apple Juice, white grape juice, chicken broth, beef broth, or vegetable broth, plain Jell-O, popsicles, Gatorade or lemonade. No milk or milk products. No liquids that are red or purple in color.
 - B. Begin your prep as directed below.
 - C. Drink plenty of water and other clear fluids throughout the day.
 - D. **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT.**

Miralax Preparation:

1. Mix one bottle of Miralax with 2 quarts (64 oz) of Gatorade. You may chill in the refrigerator. **DO NOT ADD ICE.**
2. At 4:00pm, start drinking the miralax/Gatorade mixture, drinking one eight ounce glass every 20-30 minutes until gone.
3. You should be finished drinking mixture by 8:00pm.
4. When mixture is completed, take 2 Dulcolax tablets.
5. Continue to drink clear fluids until midnight. **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT.**

Day of your procedure:

1. **DO NOT EAT OR DRINK ANYTHING PRIOR TO THE PROCEDURE.** You may take medications with a small sip of water. The following medications are encouraged prior to your procedure:
 - A. Hypertension medications that do not include diuretics.
 - B. Seizure medications.
 - C. If you are diabetic, **DO NOT TAKE** your oral diabetic medications or any insulin.
 - D. Dress in comfortable clothes. You will be more comfortable after your procedure if you are wearing clothes that are not too tight around your abdomen.
 - E. **NO DRIVING:** Due to the sedation, you will not be allowed to drive after your procedure. You will not be allowed to have your procedure if you do not have a drive available.