



## MIRALAX COLONOSCOPY PREPARATION

**PROCEDURE DATE:** \_\_\_\_\_ **ARRIVAL TIME:** \_\_\_\_\_

**STOP** taking phentermine 2 weeks prior to procedure. **NO illegal drug use 24 hours prior.**

**NO** aspirin, Advil, Motrin, Ibuprofen, Aleve, Excedrin, BC Powder or Celebrex, **3 days prior to test.** Tylenol is ok.

**NO** iron, vitamins or supplements, **3 days prior to test**

**NO** Metformin the day before or the day of your procedure.

**IF** you take blood thinners, your nurse will give you specific instructions for taking these prior to your procedure.

**PURCHASE** two Dulcolax tablets and an 8.3 oz. (238 grams) bottle of Miralax. These are available over the counter at any pharmacy — you do not need a prescription.

**THE DAY BEFORE YOUR TEST** \_\_\_\_ / \_\_\_\_ :

**STEP 1** begin your clear liquid diet.

### CLEAR LIQUIDS

Water	Apple Juice	Clear Chicken Broth/Bouillon
Coffee (No Cream)	White Grape Juice	Clear Beef Broth/Bouillon
Tea	White Cranberry Juice	Plain Jello (Not Red)
Any Soft Drinks	Light Colored Gatorade	Light Colored Kool-Aid
Popsicles (Not Red)		

**NO MILK, NO ORANGE JUICE, NO PRUNE OR TOMATO JUICE, NOTHING RED OR PURPLE, NO SOLID FOODS**

**STEP 2** \_\_\_\_ : \_\_\_\_ take 2 Dulcolax tablets with an 8 oz. glass of water.

**STEP 3** \_\_\_\_ : \_\_\_\_ mix entire bottle of Miralax powder with 64 ounces of yellow or orange Gatorade or any other clear liquid. Shake the solution until the Miralax is dissolved. Drink this over 2 hours.

**STEP 4** remain on clear liquids ONLY until MIDNIGHT prior to your test.

**NOTHING TO EAT OR DRINK AFTER MIDNIGHT THE NIGHT BEFORE YOUR PROCEDURE UNLESS YOU ARE SCHEDULED IN THE AFTERNOON. IF SO, YOU MAY HAVE CLEAR LIQUIDS UNTIL 3 HOURS PRIOR TO PROCEDURE.**

**NO** mints, gum or candy!

You may take your routine morning medications such as seizure, high blood pressure, breathing, heart and behavioral medications **with a sip of water 3 hours before your test.** DO NOT TAKE any diabetic or blood thinners without your doctor's specific instructions.

**YOU MUST BRING YOUR VALID ID (PICTURE PREFERRED) AND INSURANCE CARDS.  
YOU MUST BRING A RESPONSIBLE ADULT (18 OR OLDER) THAT CAN DRIVE YOU HOME AFTER  
YOUR TEST OR IT WILL BE POSTPONED! NO UBER/TAXI.**

You should expect to be here 2 to 3 hours. Please call (901) 226-0536 for any scheduling needs.