**MiraLAX Bowel Prep**

**Purchase these items ahead of time**

* Four, 5mg Dulcolax® tablets (prescribed by provider)
* Two, 8 oz. bottle of MiraLAX (or off brand)
* 64 oz. of Gatorade or other sports drink (no red/purple flavors)
* Desitin® or Vaseline® can be used to protect the anal area especially if you have hemorrhoids.

**Every morning 3 days prior to your procedure, take 1 capful of MiraLax 1-2 times a day in 8 ounces of water**

**3 DAYS PRIOR** to your procedure, eat a LOW RESIDUE DIET and take your Miralax as described above. A low residue diet limits high fiber foods.

**HIGH FIBER FOODS TO AVOID INCLUDE:**

• Whole grain breads, oatmeal/cereals, granola

• Nuts, seeds, raw/dried vegetables or fruit (NO salads)

• Beverages with pulp

• Nutritional supplements that contain fiber

• Pepper, beans, corn/popcorn

**FOODS YOU MAY EAT INCLUDE:**

• Cream of wheat/grits, white rice, and refined pastas/noodles

• Cooked fresh/canned vegetables

• Vegetables without seeds including asparagus, beets, carrots, mushrooms, green beans, and potatoes without skin

• Bananas, soft cantaloupe, honeydew, avocado

• Chicken, fish, beef, pork, tofu, eggs

• Margarine, butters/oils, smooth sauces and dressings

• Cakes, cookies, pudding, ice cream without nuts or seeds

• Hard candy, popsicles, yogurt and cheese

**2 DAYS PRIOR TO PROCEDURE**

Mix the bottle of MiraLAX in 64 oz. of Gatorade or other sports drink (yellow or light color preferred). Shake until the MiraLAX is dissolved and refrigerated.

***This procedure is only as good as the colon prep. Without a completely empty colon, the test will not be accurate and may need to be redone at a later date.***

**DAY BEFORE PROCEDURE**

Start a **CLEAR LIQUID ONLY** diet for the whole day prior to the procedure.(You may go to work)

* At 12PM the day before your procedure take 2 Dulcolax tablets (a total of 10mg) by mouth with at least 8 oz. of water.
* Between 4-5 PM the night before your procedure
* Take remaining 2 Dulcolax tablets (a total of 10mg) by mouth with at least 8 oz. of water.
* Drink 8 oz. of Sports Drink-MiraLAX solution every 10-15 minutes until half the solution is gone. Refrigerate the remaining half of the prep solution.
* Drink an additional 16 oz. of any clear liquid (without MiraLAX) over the next 1-2 hours.

**PROCEDURE DAY**

* On the morning of your colonoscopy, starting 4 hours prior to your scheduled arrival, drink the remaining half of the prep as above until the container is empty. Then drink an additional 16 oz. of clear liquids.
* **3 HOURS BEFORE your procedure time**, you should STOP DRINKING ALL CLEAR LIQUIDS AND follow your physician's instructions regarding medications.

Please make sure you understand these instructions. If you have any questions please do not hesitate to call the office at ***530-672-7040***, we are more than happy to help.