



PRESCRIBED BOWEL PREP INSTRUCTIONS: MIRALAX

Please follow these instructions. Miralax is used as an off-label use colonoscopy prep. This prep is time sensitive and requires you to follow the instructions exactly.

What you will need:

- Over the counter – 2 bottles (238 grams size) Miralax
- Clear liquids (see examples below)

The day before your colonoscopy:

- Drink only clear liquids throughout the day starting in the morning (see examples below).
- No red or purple liquids.
- No solid foods or soft foods are allowed.
- No milk or dairy products are allowed.

Clear liquids are those you can “see through”. Examples include:

- Water
- Apple Juice
- White cranberry juice
- White grape juice
- Tea (no milk or cream)
- Clear broth or bouillon
- Ginger Ale
- Lemon Lime soda / Lemonade (no pulp)
- Kool-Aid or other fruit flavored drinks
- Jell-O
- Ice popsicles
- Black coffee (No creamer or milk)
- Hard candies
- Carbonated Soda
- Sports drink (Gatorade, Vitamin Water, Powerade, etc.)

If you are having difficulty drinking the prep:

- You can mix your prep mid-day and put in the refrigerator until you are ready to drink.
- Put your prep over ice or use a straw to drink it.
- Use ginger-ale, lemon/lime wedges, or any other clear liquid in between the prep to make it more enjoyable.
- Suck on hard candies (no red or purple).
- Take a break from drinking, walk around, and then resume drinking the prep.
- For discomfort while wiping, use wet wipes and apply Vaseline/Desitin to the area.*
- Remind yourself, you are doing this for your own health.
- If you are having problems completing your prep or you are still passing brown fluid after completing your prep, please contact the office: 480-563-5757.

The day before your colonoscopy: / /

- 6:00 pm** you will begin drinking your prep
 - Drink 8 ounces of the preparation medication every 15-30 minutes until the solution is gone.
- To mix your prep:
 - Mix one (1) entire bottle (14 capfuls) of Miralax powder in 64 ounces of water.
 - Use a fork or whisk to stir. Use a large pitcher, foaming may occur.
 - Preparation mixes best at room temperature. You may pour it over ice to chill before drinking.

The day of your colonoscopy / / at : am/pm

- Begin drinking the second dose of your prep
 - Drink 8 ounces of the preparation medication every 15 minutes until the solution is gone.
- To mix your prep:
 - Mix half of the bottle (7 capfuls) of Miralax powder in 32 ounces of water.
 - Use a fork or whisk to stir. Use a large pitcher, foaming may occur.
 - Preparation mixes best at room temperature. You may pour it over ice to chill before drinking.

NOTE: You must complete the entire prep to ensure the most effective cleansing.

DO NOT DRINK ANYTHING AFTER : am/pm

You must not drink anything or put anything in your mouth, including your prep, after the stated time. This includes water, gum, mints, and hard candies. Failure to follow these instructions will result in a cancellation of your procedure.