



PRESCRIBED BOWEL PREP INSTRUCTIONS: MIRALAX NOON DAY PREP

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 – 1 bottle (238 grams size) Miralax
- Prescribed bowel prep (picked up from your pharmacy)
- Clear liquids (see examples below)

The day before your colonoscopy:

- Drink only clear liquids throughout the day (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.

2 days before colonoscopy:

- Drink extra fluids today.

1 days before your colonoscopy:

- Begin a clear liquid diet starting in the morning
- 10:00 am you will begin drinking the Miralax portion of your prep
 - Drink 8 ounces of the preparation medication every 15-30 minutes until the solution is gone.
 - Be sure to finish this solution by noon.
 - Continue on a clear liquid diet.
- To mix your prep:
 - Mix the entire bottle 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.

1 day before your colonoscopy:

- Follow the specific instructions for the prescribed bowel preparation solution:
 - Golytely
 - Suprep
 - Moviprep
 - Plenvu
 - Clenpiq
 - Miralax