

Miralax (Glycolax) Preparation for Colonoscopy

This product is a medication that has been combined with laxatives and a liquid diet for use as a bowel preparation for colonoscopy. It works very quickly-- the average time to first bowel movement is within 1 hour of drinking solution. You will use the bowel preparation the day **before** your test. It is very important for you to **FOLLOW ALL THE STEPS COMPLETELY** or your doctor may not be able to complete the exam.

FIVE DAYS BEFORE YOUR EXAM DO NOT HAVE ANY NUTS, SEEDS, POPCORN, OR CORN.

The day before the exam you may have clear liquids only. **DO NOT HAVE ANY SOLID FOOD, CREAM OR MILK PRODUCTS** until after the exam is completed.

Step 1: At 4PM the day before your exam MIX THE SOLUTION.

At 4PM the day before the exam, mix 2 quarts of Crystal Light drink mix. You may substitute another brand of drink mix but only use a drink mix with an artificial sweetener. Add 1 bottle of Miralax (Glycolax) 255 grams to the solution making sure it is dissolved completely. **DO NOT USE ANY REAL SUGAR TO FLAVOR THE SOLUTION.** Refrigerate the solution.



Step 2: At 5 PM the day before your exam DRINK ALL THE SOLUTION.

Drink 1 (8 oz) glass every 10-15 minutes. Drink each glass quickly. A watery bowel movement should begin in approximately 1 hour. **Be sure to drink ALL the solution.** You will still have loose bowel movements for about 1 to 2 hours after you finish drinking the solution. Continue to drink as much clear liquids as possible.



Step 3: At 9 PM the day before your exam TAKE 4 TABLETS.

Take four (4) bisacodyl or Dulcolax tablets with water. Do NOT chew or crush the bisacodyl (or Dulcolax) tablets. You may continue to drink as much clear liquids as you like until midnight.



What's considered a "clear liquid"?

A clear liquid is any beverage you can see through. Please avoid red or purple colored liquids. Sugar, sweetener and lemon are allowed. No cream, milk or pulpy juices are permitted.

fruit juices	popsicle	Powerade	Pedialyte
water	Gatorade	7-Up, Sprite	bouillon
Kool-aid	tea, iced tea	lemonade	
broth (beef, chicken)	Jell-O (no fruit)		

To help prevent dehydration, it is important to drink plenty of clear liquids before, during, and after the colon-prep process. **We recommend that you have at least 20 oz of Gatorade during the preparation period.**

If your ARRIVAL time is before NOON, you must have nothing to eat or drink after midnight.

If your ARRIVAL time is after NOON you may have clear liquids until 8am on the day of your exam.

You must take your Heart, breathing and blood pressure medications with a few sips of water.