

# Center for Women's Gastrointestinal Health

## MIRALAX | Bowel Preparation

### Seven days before your colonoscopy

- Do not eat nuts, seeds, beans, corn, okra, popcorn, tomato, or fruit with skins seven days prior to your colonoscopy.
- Stop now if your colonoscopy is scheduled within the next seven days.

### The day before your colonoscopy

- You may only have CLEAR LIQUIDS; NO SOLID FOOD from the time you wake up in the morning the day before your procedure.
  - Clear liquids include: Coffee and tea (NO milk/creamer), broth, clear juices (apple, *white* grape juice), Gatorade, soda, Crystal Light, Jell-O, popsicles, Propel Water, and plain water.
  - DO NOT have any products with *red* dyes/coloring.
- You will need to pick up Dulcolax laxative pills and MiraLAX (255g) at your pharmacy. As of January 1, 2019, insurance providers will no longer cover the purchase of these items.
- **At 4 p.m. the day before your colonoscopy, take four Dulcolax laxative pills.**
- **Begin your Miralax Bowel Prep at 6 p.m. the day before your colonoscopy.**
  - Mix 255 g Miralax powder in 64 oz. of Gatorade, Crystal Light, or Propel Water.
  - Mix it into a large container. You may divide it into 8 oz. glasses once you start drinking the solution.
  - Drink one 8 oz. glass every 15 minutes until you have finished a total of 32 oz.
  - **Please DO NOT drink all 32 oz. at once. This will cause nausea, cramping, and vomiting.**
  - If you feel full, nauseated, or crampy, wait 20 to 30 minutes before drinking the next glass.
  - Refrigerate the remaining 32 oz. for the morning of your procedure.

**NOTE:** Individual responses to the preparation vary, usually a bowel movement occurs in 30 minutes, but may take as long as three hours. Please remain within easy reach of bathroom facilities.

### Morning of your procedure – five hours before your schedule procedure time

- Beginning at \_\_\_\_\_ a.m. (five hours before your scheduled procedure time), drink the remaining 32 oz. of your mixed solution.
- Drink 8 oz. every 15 minutes until you have finished the remainder of the solution

You are now finished with your bowel preparation.

Please DO NOT drink liquids from this point until after the procedure.

A video is available to view mixing instructions at [bowelprepguide.com](http://bowelprepguide.com).

If you have any questions, please call our office at **(401) 453-7953**.

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