

## Colonoscopy MiraLAX DOUBLE Prep Instructions

Date of Colonoscopy: \_\_\_\_\_

Your colonoscopy will be performed by Dr Alexis Alexandridis at Sonoma Valley Hospital (SVH). Please ensure you have a responsible adult to drive you home after your colonoscopy.

### One week prior to your procedure:

- You will be notified of your **arrival time** by the pre-op nursing staff at SVH.

#### Purchase:

- Two containers of 64 oz of clear liquid. For example, Gatorade, apple or white grape juice; Water is acceptable.
- Two 238 gram bottles of **MiraLAX** or generic/store brand (available over-the-counter)
- 4 tablets of **Dulcolax**, 5 mg or generic/store brand (available over-the-counter)
- Stock up on additional clear liquids (see Clear Liquid Diet list for more ideas)
- **Optional:** For an easier prep, start a *low-residue diet* 4-7 days in advance (see Low-Residue Diet List)
- **Optional:** A&D ointment or Desitin for the skin around the anus to prevent irritation

### 1<sup>st</sup> Prep Day (TWO days before your colonoscopy): \_\_\_\_\_

- Diabetics: please do not take Metformin today
- Eat a Low-residue breakfast and lunch only. **Clear Liquids only after 12:00 PM.**
- Mix one entire 238 gram bottle of MiraLAX powder into the 64 oz clear liquid and mix until dissolved; you may need to do this in a pitcher or large bowl. Divide the mixture into two even cups of 32 oz each and place in the refrigerator for later.

#### At 12:00 PM:

- Begin with the first container of 32 oz mixed **MiraLAX** drink. **Drink a 8 oz every 10-15 minutes, four times**

#### At 6:00 PM:

- Finish the second 32 oz of **MiraLAX** drink. **Drink a 8 oz every 10-15 minutes, four times**
- Drink as much water or other clear liquids as possible during the day

### 2<sup>nd</sup> Prep Day (The day before your colonoscopy): \_\_\_\_\_

- Diabetics: please do not take Metformin today
- **Clear liquids only**
- Mix second 238 gram bottle of MiraLAX powder into 64 oz clear liquid: just like 1<sup>st</sup> prep day, split into two.

#### At 6:00 PM:

- Begin with the first cup of 32 oz mixed **MiraLAX** drink. **Drink an 8 oz every 10-15 minutes, four times**

#### At 8:00 PM:

- Take **2 Dulcolax tablets** with a glass of water, and drink as much water or other clear liquids as possible

### Colonoscopy Day: My SVH Arrival Time: \_\_\_\_\_

Critical medications (if instructed) can be taken with a sip of water; other medications can wait until after the procedure.

*Diabetics:* Do not take full dose insulin, diabetic pills, or Metformin on colonoscopy day.

#### **If your arrival time is *before* 11:00 AM**

**Take the second half of the prep at 9:00 PM on Prep Day (the day before colonoscopy)**

- Take 2 Dulcolax tablets with a glass of water and drink the remaining 32 oz cup of MiraLAX (Drink 8 oz every 10-15 minutes, until finished)
- **Nothing to eat or drink after midnight**

#### **If your arrival time is *after* 11:00 AM**

**Take the second half of the prep 6 hours before your SVH arrival time on colonoscopy day.**

- Take 2 Dulcolax tablets with a glass of water and drink the remaining 32 oz cup of MiraLAX (Drink 8 oz every 10-15 minutes, until finished)
- **Nothing more to eat or drink once prep is done**