

## Colonoscopy MiraLAX 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:

- 64 oz of clear liquids. For example, Gatorade, apple or white grape juice; Water is acceptable.
- 238 gram bottle 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

### Prep Day (The day before your colonoscopy): \_\_\_\_\_

- Diabetics: please do not take Metformin today
- Eat a Low-residue breakfast and lunch only. **Clear Liquids only after 3:00 PM.**
- Mix the 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.

#### First half of the prep:

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
- Drink as much water or other clear liquids as possible

*Everyone has a different response to the bowel prep: some will have immediate results, some will have results in the morning. If you experience nausea while drinking the prep, you may slow down and drink the 8oz of prep every 30 minutes.*

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

#### 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)**

#### Second half of the prep:

- 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.**

#### Second half of the prep:

- 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**

- 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.