

How to Prepare for Your Colonoscopy Using MiraLAX

2 days before your procedure - Ensure you have purchased all of your supplies. You can buy all of these over-the-counter. You do not require a prescription.

- 4 (5 mg) tablets of bisacodyl (Dulcolax). These are usually sold as a box of 10 tablets.
- 238 grams of polyethylene glycol (MiraLAX).
- 64 ounces of any clear liquid of your choice that is not red, purple, or orange. We recommend that you get a sports drink like Gatorade or Powerade to replace electrolytes that you will lose with the bowel preparation. If you have diabetes, Smart Water is a good choice because it does not contain sugar.

1 Day Before Your Procedure

- 1) Clear liquid diet **ONLY**. No food at all.
- 2) **Prepare your MiraLAX bowel preparation** - On the morning before your procedure, pour all 238 grams of the MiraLAX powder into an empty container. Pour in 64 ounces of a room temperature clear liquid (e.g., Gatorade, Smart Water). Mix the solution until the powder is dissolved. Place the MiraLAX in the refrigerator. Many people find it tastes better chilled. Do not mix the MiraLAX earlier than the morning before your procedure.
- 3) **At 5:00 PM**, take 2 bisacodyl tablets by mouth with a glass of water. Start drinking the MiraLAX bowel preparation. Drink 1 (8-ounce) glass of the mixture every 15 minutes for a total of 4 times until you have drunk half the MiraLAX. Save the rest of the MiraLAX in the refrigerator until the second half of your preparation.
- 4) If you were told to arrive for your procedure before 11:00 AM, take 2 bisacodyl tablets and start drinking the second half of the MiraLAX solution at 11:00 PM. Drink 1 (8-ounce) glass every 15 minutes until you finish the bottle.

The Day of Your Procedure

- 1) If you were told to arrive for your procedure at 11:00 AM or later, take 2 bisacodyl tablets and start drinking the second half of the MiraLAX solution at 5:00 AM on the day of your colonoscopy. Drink 1 (8-ounce) glass every 15 minutes until you finish the bottle.
- 2) **You must complete drinking the prep 4 hours before your scheduled arrival time.**

YOUR PROCEDURE

Date: _____ **Arrival Time:** _____

(Your arrival time is subject to change, a nurse will confirm your arrival time within 1 to 2 days before your procedure)

LOCATION:

YALE NEW HAVEN HOSPITAL - 35 PARK ST, NH (Smilow - 4th Floor)

YALE SHORELINE, 111 GOOSE LANE, GUILFORD (203-453-7100)

YALE (SAINT RAPHAEL CAMPUS), 330 ORCHARD ST, NEW HAVEN (2nd Floor GI SUITE)

DDA ENDOSCOPY SUITE, 229 MONTOWESE ST., BFD (203-481-0315)