Two-Day
Miralax Colonoscopy Preparation

If you need to reschedule your appointment, please call 617-983-7017 and follow the recorded prompts.

Items Needed to be Purchased from Your Pharmacy:
- Four Dulcolax laxative/Bisacodyl) tablets (available over the counter, no prescription)
- 10 oz bottle of Magnesium Citrate (available over the counter, no prescription)
- One 238 gram bottle Miralax (available over the counter, no prescription)
- One 64 oz bottle of Gatorade or G2 (low sugar Gatorade) or Crystal Light (NO RED FLAVORS)

Two Weeks Before Procedure:
- Consult your primary care physician if you are taking insulin or other diabetic medication. Your dose will need to be adjusted on day before/morning of procedure.
- Consult your primary care physician for blood thinners such as Coumadin/Warfarin, Plavix and Xarelto as they require dose adjustments prior to your procedure.
- Stop iron pills and multivitamin containing iron, five days prior to procedure.
- If you have been diagnosed with diverticulitis within the last 6 weeks, please call 617-983-7124.

Three to Five Days Before Procedure (five days is preferable if you are constipated):
- OMIT FRUITS, VEGETABLES, WHOLE GRAINS, SEEDS AND NUTS FROM YOUR DIET (Low Fiber Diet)

Two Days Before Procedure:
** No matter what time of day your procedure is, please follow these instructions carefully **
- You may eat according to the Low Fiber Diet this day.
- At 12pm take 2 Dulcolax tablets with at least 16oz of fluid.
- At 2pm drink 10oz bottle of Magnesium Citrate. With at least 24oz of fluid.

One Day Before Procedure Between 1 pm and 5 pm (Please follow these instructions. Product directions may differ):
** No matter what time of day your procedure is, please follow these instructions carefully **
- Only clear liquids may be consumed all day. Do not eat solid food of any kind.
- Between 12pm and 3pm take 2 Dulcolax tablets with 2 glasses of water.
- Mix Miralax with Gatorade/G2/Crystal Light, dissolving powder completely.
- Two hours after taking Dulcolax tablets, start drinking 8 oz of the Miralax/Gatorade every 15-20 minutes until the bottle is empty. If nauseous, take a break, then resume.
- Continue drinking plenty of clear fluids during and after preparation.
- To prevent irritation, Vaseline application to anal area after each evacuation may be helpful.
- ** If you are not clear (passing yellow or see through liquid stool in toilet), please call 617-983-7124 Monday-Friday between 8:00am and 4:30pm. If you are calling Monday-Friday after 4:30pm, during the weekend or holiday, please call 617-983-7848 and ask to speak to the GI doctor on call. **

Day of Procedure:
** You may drink clear liquids after midnight and until 4 hours before your procedure.**
- Patients taking beta blockers such as Metoprolol or Atenolol, or medicines for a seizure disorder, should take their medications as prescribed on the morning of the exam.
- Arrive 1 hour before your scheduled exam time (FOR 7 AM EXAMS ONLY, arrive at 6:30).
- You will be discharged approximately 3 hours after arrival time. In order for your procedure to be performed, you must arrange for a responsible adult to meet you at the Gregory Endoscopy Center to sign you out and either drive you home or accompany you in a taxi/Uber/public transportation (responsible adult cannot be the taxi/Uber driver). You will not be discharged until your ride arrives.