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MIRALAX PREPARATION FOR YOUR COLONOSCOPY
(over 66 lbs)

You will need to purchase one 8oz (238 gram) bottle of Miralax which is available over the counter. You will also need to purchase a 64oz. bottle of Gatorade (no red, purple or blue) and a small package of either EX-Lax or Dulcolax (bisacodyl) as indicated below.

Date of Procedure: _____

Office

St Charles

NOTE: Avoid Aspirin and products such as Advil, Aleve and Motrin. ONLY TYLENOL IS ALLOWED

DAY BEFORE THE PROCEDURE:

1. Drink only clear liquids for breakfast, lunch and dinner. Acceptable liquids include water, ginger ale, broth, apple juice, pedialyte and lemon lime or orange jello.
2. At 8:00 AM start the clear liquid diet and take either 4 chocolate squares of Ex-lax or two Ducolax pills.
3. Mix the entire bottle of Miralax into the Gatorade.
4. At 4:00 PM begin drinking ALL of the liquid finishing it over a 3 hour period.
5. **NO FURTHER LIQUIDS AFTER MIDNIGHT.**
6. Please call the office or hospital the day before your procedure to confirm the time you are to arrive. If you are scheduled on a Monday call the office or hospital on the Friday before. If your procedure is at the office call 403-4507 between 3:00-3:30 and at St. Charles call 474-6285 after 4:00.

If you have any questions, please call the office at (631) 403-4507