



Digestive Specialists, Inc.
Digestive Endoscopy Center, LLC
www.digestivespecialists.com

2 Day Miralax Prep Instructions

Please read these instructions thoroughly to ensure a successful preparation for your procedure.

Date _____ Time of Arrival _____

- Sugarcreek Twp.** 4340 Clio Road, Suite 100
- Dayton** 1530 Needmore Road, Suite 100
- Huber Heights** 5697 Shull Road
- Springboro** 77 W. Eleanor Drive
- Miami Valley Hospital** One Wyoming Street ● Dayton, 45409
- Kettering Medical Center** 3535 Southern Boulevard ● Kettering, 45429
- Sycamore Medical Center** 4000 Miamisburg Centerville Rd. Miamisburg, 45342

Colonoscopy Prep

1. MiraLAX 238 gm
– 1 bottle
 2. Dulcolax (bisacodyl)
Laxative
– 2 tablets
- 1 bottle of Magnesium Citrate (only if checked)

You are scheduled with Dr. _____

The Medical Assistant may be reached at _____.

After 5:00 PM or on weekends, call (937) 534-7330 to page your doctor.

Important Information


- For 7 days prior to your procedure stop taking iron supplements.
- For 3 days prior to your procedure drink plenty of fluids to hydrate yourself
- Take heart, blood pressure or seizure medications with a small amount of water up to 2 hours before your procedure.
- **Complete the entire preparation per the instructions.** If you get nauseated or vomit when drinking the prep and you have not finished the entire amount:
 - Stop drinking any further prep or liquids for the next hour until nausea/vomiting has subsided then restart drinking it until finished.
 - If you still cannot finish the prep, please call us at the number listed above.
- **Bring a licensed driver. You will not be allowed to drive home.**
- **You may *not* take a cab alone.**
- **Do not smoke on the day of your procedure.**



On _____ (Two days prior – only if box is checked)

- Drink 1 bottle of Magnesium Citrate (over the counter) at 6 pm

On _____ (Day before your procedure)

- Begin clear liquid diet as instructed on the right. 
- **Do not eat any solid foods until after your procedure is completed**
- Drink as much clear liquid as you can all day in order to remain well hydrated.
- Mix one bottle of Miralax (238gm) in 3 ½ quarts (112 oz) of Gatorade (not red or purple) to make your prep solution
- At **12:00 Noon**, take 2 Dulcolax tablets
- Between **4:00 PM- 6:00 PM** drink seven 8 oz glasses of the Miralax prep solution. Shake well before pouring



Clear Liquids Diet

(Liquids you can see through)

- Gatorade(**is preferred**)
- Clear fruit juices, white grape juice and apple juice
- Kool-Aid or PowerAde
- Clear soup, broth or bouillon
- Water
- Tea or coffee - **No cream** (May have sugar)
- Hard candies
- Soda pop
- Jell-O or popsicles
- **Nothing red or purple**
- **No alcoholic beverages**
- **No protein drinks or smoothies**

2nd Half of Miralax Prep - Even if you are passing clear liquid the night before, you still need to complete the prep.

On _____ At _____ AM / PM (6 hours before your arrival time)

- Drink another seven 8oz glasses of the Miralax prep solution over the next 2 hours.



After completing the second part of the prep: Do not drink anything else. Do not chew gum or eat

hard candy.

