

Miralax (Glycolax) Preparation for Colonoscopy

This product is a medication that has been combined with laxatives and a liquid diet for use as a bowel preparation for colonoscopy. It works very quickly-- the average time to first bowel movement is within 1 hour of drinking solution. You will use the bowel preparation the day **before** your test. It is very important for you to FOLLOW ALL THE STEPS COMPLETELY or your doctor may not be able to complete the exam.

- Purchase one bottle of Glycolax 255gm and 4 bisacodyl laxative pills (over the counter).
- FIVE DAYS BEFORE YOUR EXAM DO NOT HAVE ANY NUTS, SEEDS, POPCORN, CORN OR SKINS OF RAW FRUIT OR VEGETABLES. Also stop iron supplements 5 days prior. (Multivitamin with iron may be continued)
- The day before the exam you may have CLEAR LIQUIDS ONLY. DO NOT HAVE ANY SOLID FOOD, CREAM OR MILK PRODUCTS until after the exam is completed.

What's considered a "clear liquid"?

A clear liquid is any beverage you can see through. Please avoid red or purple colored liquids. Sugar, sweetener and lemon are allowed. No cream, milk or pulpy juices are permitted.

fruit juices	popsicle	Powerade®	Pedialyte	water
Gatorade®	7-Up®, Sprite®	bouillon	Kool-aid®	tea, iced tea
lemonade	broth(beef, chicken)	black coffee	Jell-O® (no fruit)	

You are not allowed to have any alcoholic beverages 24 hours before or after the test.

To help prevent dehydration, it is important to drink plenty of clear liquids before, during, and after the colon-prep process. **We recommend that you use 20 ounces of Gatorade or any sports drink while preparing for the procedure.**

Step 1: At 4PM MIX THE SOLUTION.

At 4PM the day before the exam, mix 2 quarts of Crystal Light drink mix. You may substitute another brand of drink mix but only use a drink mix with an artificial sweetener. Add 1 bottle of Miralax (Glycolax) 255 grams to the solution making sure it is dissolved completely. **DO NOT USE ANY REAL SUGAR TO FLAVOR THE SOLUTION.** Refrigerate the solution.



Step 2: At 5 PM DRINK ALL THE SOLUTION.

Drink 1 (8 oz) glass every 10-15 minutes. Drink each glass quickly. A watery bowel movement should begin in approximately 1 hour. **Be sure to drink ALL the solution.** You will still have loose bowel movements for about 1 to 2 hours after you finish drinking the solution. Continue to drink as much clear liquids as possible.



Step 3: At 9 PM the day before your exam TAKE 4 TABLETS.

Take four (4) bisacodyl or Dulcolax **laxative** tablets with water. Do NOT chew or crush these tablets. You may continue to drink as much clear liquids as you like until your fasting time.



Fasting Time _____ **AM PM**
Arrival Time _____ **AM PM**
Procedure Time _____ **AM PM**

Of course, you must follow a special diet to prepare for a GI procedure but, in addition to that, we ask you to completely fast. **Fasting means that you are to have nothing to eat or drink — no gum, candy, mints, chewing tobacco not even water after a specified time.** This is necessary due to the sedation or anesthesia that will be used during your test. While you are sedated, or sleeping, fluid from your stomach may be aspirated or move into your lungs. This can be very dangerous causing pneumonia, infection, and in rare instances, can be fatal. Fasting properly will lessen this risk, and help prevent complications.

The morning of the procedure take your Heart, breathing, seizure, and blood pressure medications with a few sips of water.