

INSTRUCTIONS FOR COLONOSCOPY WITH MIRALAX

You will need to obtain two (2) 32 oz bottles of Gatorade (any flavor except red or purple).
(1) 255g bottle of Miralax. Divide the Miralax powder in half between each of the bottles of Gatorade and mix thoroughly. Chill the Gatorade.

NOTE - Individual responses to laxatives do vary: this prep may cause multiple bowel movements. It often works within 30 minutes, but may take as long as three hours.

Day before examination:

1. Drink only "clear liquids" for breakfast, lunch, and dinner. (Solid foods, milk, or milk products are **NOT** allowed.)

Clear liquids include:

- * strained fruit juices without pulp (apple, white, grape juice or lemonade)
- * water
- * clear broth or bullion
- * coffee or tea (without milk or non-dairy creamer)

All of the following that are **NOT** colored red or purple:

- * Gatorade, carbonated and non-carbonated soft drinks, Kool-Aid, or other fruit flavored drinks
- * plain Jello (without added fruits or toppings)
- * ice popsicles

2. Between 3 p.m. and 4 p.m. begin drinking the Gatorade/Miralax mix.
Drink one (1) 8 oz. glass every 15-20 minutes until completed.

You may have clear liquids up until midnight. Absolutely nothing to eat or drink after midnight unless otherwise directed.

YOU MUST AVOID ASPIRIN & IRON FOR ONE WEEK PRIOR TO THE EXAM!!!

COMMUNITY GENERAL HOSPITAL
PHYSICIANS' OFFICE BUILDING
4870 BROAD RD., SUITE 3Q
SYRACUSE, NY 13215
(315) 492-5765 FAX 492-5123

NORTHEAST MEDICAL CENTER
4309 MEDICAL CENTER DRIVE
FAYETTEVILLE, NY 13066
(315) 329-7300 FAX 329-7308

5112 WEST TAFT ROAD
SECOND FLOOR, SUITE U
LIVERPOOL, NY 13088
(315) 452-2214 FAX 452-2217

4939 BRITTONFIELD PARKWAY
SUITE 209
EAST SYRACUSE, NY 13057
(315) 218-0085 FAX 218-0087