

MiraLax Preparation Instructions for Colonoscopy

Date of Procedure: _____

Time to Arrive at Hospital: _____

Time of Procedure: _____

Location of Procedure:

Via Christi Hospital
1823 College Avenue
Manhattan, KS 66502
785-776-3322

Manhattan Surgical Hospital
1829 College Avenue
Manhattan, KS 66502
785-776-5100

If you need to cancel or reschedule for any reason, please notify us at least 24-48 hours in advance.

1. **You must purchase:**
 - a. One bottle of MiraLax (238gm)- available over the counter
 - b. Four Dulcolax tablets- available over the counter
 - c. Two 32 ounce bottles of any flavored Gatorade that is **NOT RED** in color.
2. Please arrive promptly for your appointment. We ask that you arrive **one hour** prior to your scheduled procedure time. This allows time for registration and the nurse to start an IV.
3. Please take your medications with **small sips** of water on the **day** of your procedure.
4. Please bring a list of all your medications with you to your procedure.
5. Please notify my office if you take Coumadin or any blood thinners so we may discuss dosing prior to your procedure.
6. Because you will be sedated, please bring a **responsible person** with you to your appointment who can talk with me about your procedure and any instructions for medications or further tests. This person must also **drive you home** after your test.

The Day Before Your Examination

You may eat a regular breakfast.

After 9:00 A.M. you may have **clear liquids only**. The following are considered clear liquids: apple, grape, and cranberry juices; broth; coffee; Gatorade; hard candy; Jell-O; Koolaid; popsicles; soda pop; and tea. **Do not have anything artificially red colored.**

To prevent soreness, you may want to apply Preparation H, Destin, or Vaseline to the anus before beginning the prep as needed.

OVER

At 4:00 P.M. take 4 Dulcolax tablets with 8 ounces of clear liquid.

At 6:00 P.M. mix the two 32 ounce bottles of Gatorade with one bottle of MiraLax.
Drink one 8 ounce glass every 15 minutes until gone.

You may have clear liquids until midnight, then nothing to eat or drink.

The Day of Your Procedure

Please take your morning medications with sips of water.

Do not eat or drink anything else after taking your morning medications.