

How to Prepare for Your Colonoscopy Using MiraLAX

This information will help you prepare for your colonoscopy using polyethylene glycol (MiraLAX) at Digestive Disease Associates (DDA).

Purchase supplies - You can buy all of these over-the-counter. You do not need a prescription.

- 4 (5 mg) tablets of bisacodyl (Dulcolax). These are usually sold as a box of 10 tablets.
- 238 grams of polyethylene glycol (MiraLAX).
- 64 ounces of any clear liquid of your choice that is not red, purple, or orange. We recommend that you get a sports drink like Gatorade or Powerade to replace electrolytes that you will lose with the bowel preparation. If you have diabetes, Smart Water is a good choice because it does not contain sugar.

1 Day Before Your Procedure

Prepare your MiraLAX bowel preparation

On the morning before your procedure, pour all 238 grams of the MiraLAX powder into an empty container. Pour in 64 ounces of a room temperature clear liquid (e.g., Gatorade, Smart Water). Mix the solution until the powder is dissolved. Place the MiraLAX in the refrigerator. Many people find it tastes better chilled. Do not mix the MiraLAX earlier than the morning before your procedure.

Follow a clear liquid diet. You will need to follow a clear liquid diet the entire day before your procedure.

At 5:00 PM on the day before your procedure, take 2 bisacodyl tablets by mouth with a glass of water. Start drinking the MiraLAX bowel preparation. Drink 1 (8-ounce) glass of the mixture every 15 minutes for a total of 4 times until you have drunk half the MiraLAX. Save the rest of the MiraLAX in the refrigerator until the second half of your preparation.

If you were told to arrive for your procedure before 11:00 AM, take 2 bisacodyl tablets and start drinking the second half of the MiraLAX solution at 11:00 PM. Drink 1 (8-ounce) glass every 15 minutes until you finish the bottle.

The Day of Your Procedure

If you were told to arrive for your procedure at 11:00 AM or later, take 2 bisacodyl tablets and start drinking the second half of the MiraLAX solution at 5:00 AM on the day of your colonoscopy. Drink 1 (8-ounce) glass every 15 minutes until you finish the bottle. **You must complete drinking the prep 4 hours before your scheduled arrival time.**

YOUR PROCEDURE

Date: _____ **Arrival Time:** _____

(Your arrival time is subject to change, a nurse will confirm your arrival time within 1 to 2 days before your procedure)

LOCATION:

__ YALE NEW HAVEN HOSPITAL, SMILOW CANCER HOSPITAL, 35 PARK ST, NH (VALET PARKING FREE) OR PARK IN THE AIR RIGHTS PARKING GARAGE (on the 4th floor- \$4.00 charge)

__ YALE SHORELINE, 111 GOOSE LANE, GUILFORD (203-453-7100)

__ HOSPITAL OF SAINT RAPHAEL, 330 ORCHARD ST, 2ND FLOOR, NEW HAVEN
GI DEPARTMENT (203)789-3273, Park in the George St. parking garage

__ DDA ENDOSCOPY SUITE, 229 MONTOWESE ST., BFD (203-481-0315)