

**Day Before Colonoscopy Prep Instructions with MiraLAX**

The goal of this colonoscopy preparation is to clean out all of the stool from your colon.

**As soon as possible, purchase:**

- 1) One (238 gram) bottle of MiraLAX
- 2) Two (2) liters (or 64 oz) of a clear liquid: Gatorade or G2  
Propel  
Powerade
- 3) Simethicone (125mg or 180mg) tablets

**4) Confirm that you have a ride home from your procedure before starting the prep.**

**THE ENTIRE DAY BEFORE** your procedure, you may have only CLEAR LIQUIDS all day (Gatorade, iced tea, water, black coffee, apple juice, clear chicken or beef broth, non-red jello, popsicles, ginger ale). NO SOLID FOOD or SMOOTHIES for the entire day. Please hydrate yourself with CLEAR liquids, as the MiraLAX solution will not hydrate you.

Use a pitcher that we will hold 64 ounces of liquid. Pour the MiraLAX into the container along with the clear liquid. Shake or stir until the powder is completely dissolved. Refrigerate until you are ready to drink it.

**At approximately 6:00 PM**, begin drinking the MiraLAX mixture. Drink 8 ounces every 10 minutes until it is HALF completed. Then, take one Simethicone tablet. Times are estimates. You can start earlier or later.

**At approximately 5 hours before your scheduled arrival time**, drink the remaining HALF of the MiraLAX mixture. Take one Simethicone tablet with a small sip of water.

**THIS PREP MUST BE COMPLETED AT LEAST 4 HOURS PRIOR TO YOUR SCHEDULED ARRIVAL TIME.**

**ABSOLUTELY NOTHING** else in your mouth after completing the preparation.

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Make sure you review the page titled **Colonoscopy Instructions** and please call if you have any questions.