

## **COLONOSCOPY PREPARATION: MIRALAX AND DULCOLAX**

THE DAY PRIOR TO YOUR PROCEDURE:

BEGIN A CLEAR LIQUID DIET (SEE BELOW), STARTING AT BREAKFAST.

PURCHASE **FOUR DULCOLAX LAXATIVE TABLETS** (NO.PRESCRIPTION NEEDED)

PURCHASE **ONE BOTTLE (238 GRAMS)OF MIRALAX** (NO PRESCRIPTION NEEDED).

PURCHASE LEMON OR ICED TEA CRYSTAL LIGHT ENOUGH TO MAKE 64 FLUID OUNCES OR JUST MIX IN PLAIN WATER.

**BETWEEN 3-5PM TAKE THE FOUR DULCOLAX TABLETS AT THE SAME TIME.**

**BETWEEN 5-7PM OR TWO HOURS AFTER TAKING THE DULCOLAX, MIX ENTIRE BOTTLE OF MIRALAX WITH 64 OUNCES OF CRYSTAL LIGHT. (YOU MAY USE WATER INSTEAD OF CRYSTAL LIGHT). DRINK (4) FOUR - EIGHT OUNCE GLASSES EVERY 10 MINUTES UNTIL HALF SOLUTION IS FINISHED. THIS MAY TAKE UP TO SIX HOURS TO CAUSE BOWELS TO MOVE, BUT MOST OFTEN WITHIN TWO HOURS.**

**FIVE (5) HOURS BEFORE YOUR PROCEDURE DRINK THE REMAINING HALF OF THE SOLUTION. THIS MUST BE FINISHED FOUR (4) HOURS BEFORE YOUR PROCEDURE.**

**YOU MAY DRINK CLEAR LIQUIDS UP TO FOUR HOURS PRIOR TO YOUR PROCEDURE.**

### **CLEAR LIQUID DIET**

**FRUIT JUICES (NO ORANGE OR TOMATO JUICE), GATORADE, SOFT DRINKS, BROTH, BOUILLON, JELL-O, ICE POPSICLES, COFFEE, TEA, WATER AND ITALIAN ICE. NO MILK OR MILK PRODUCTS. NO NUTS OR SEEDS, NO RED OR PURPLE LIQUIDS.**

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