

Appointment Date: _____
Arrival Time: _____
Procedure Time: _____
Location: _____

PREPARATION FOR COLONOSCOPY-MIRALAX

BUY OVER THE COUNTER:

4 Dulcolax stool softener tablets
1 238gm (8.3oz) bottle of Miralax

TWO DAYS BEFORE YOUR COLONOSCOPY:

8:00 AM, take 2 Dulcolax tablets
6:00 PM, start your clear liquid diet (see next page for diet) **NO SOLID FOOD.**
7:00 PM- take 2 more Dulcolax tablets.

Please drink water throughout the day, more is better!

THE DAY BEFORE YOUR PROCEDURE:

Drink water throughout the day!

If you are diabetic:

Take **half** of your usual insulin dose and **DO NOT** take your diabetic medication the day of the procedure.

12-2 PM- Mix the entire bottle of Miralax in 64oz. of clear liquid, drink half of the Miralax solution.

6-8 PM- Drink the second half of the Miralax solution.

THE DAY OF YOUR PROCEDURE:

If you take medications, take your medication 4 hours before procedure with a small sip of water. **NO LIQUIDS 4 HOURS PRIOR TO PROCEDURE.**

You must have an adult 18 years or older remain with you during the procedure and drive you home afterward. You may not resume driving or operate any heavy machinery for the remainder of the day.

Rehan Iftikhar, MD Rizwan Safdar, MD

520-624-4342 Office

If you are unable to keep your appointment, please contact us 72 hours in advance.

INSTRUCTIONS CONTINUED ON BACK

NO SOLID FOOD

NO MILK, YOGURT OR SMOOTHIES

CLEAR LIQUID DIET

Any listed items not to be colored **RED**, **PURPLE** or **BLUE**

- Water
- Pedialyte
- Strained fruit juices without pulp (apple, white grape, lemonade)
- Clear broth or bouillon
- Coffee or tea (without milk or non-dairy creamer)
- Gatorade
- Carbonated or non-carbonated soft drinks (Sprite, 7-up, Kool-Aid, Crystal Light or ginger ale)
- Plain Jello
- Popsicles

Your stool will tell you when you are ready.



Dark & murky

Not OK



Brown & murky

Not OK



Dark orange & semi-clear

Not OK



Light orange & mostly-clear

Almost there!



Yellow & clear like urine

YOU'RE READY!

