



PREMIER *medical group*



Hudson Valley Urology, P.C.  
Comprehensive Urology Centers

**& GI**  
ASSOCIATES

## MIRALAX COLONOSCOPY PREPARATION (WITH DULCOLAX)

Purchase 4 Dulcolax tablets, 238 gram bottle of Miralax and a 64 ounce bottle of Gatorade or clear liquid of your choice at your pharmacy. **Follow these instructions on the day prior to the exam.**

In preparation for your colonoscopy you must follow the directions below. Adequate cleansing and hydration are key to a successful preparation and procedure. **Refer to your appointment sheet for directions regarding medications allowed and not allowed.**

Step One: On the day of your appointment, someone must accompany you to the office or hospital.

Step Two: If you have a colostomy please bring an extra stoma bag. If you are diabetic, please check with your physician regarding insulin and oral diabetic medication regimen.

Step Three: If you require antibiotics before going to the dentist or for a heart murmur, valvular disease, or joint replacement, please inform us.

### DIET AND LIQUID PREPARATION INSTRUCTIONS

Step One: Start drinking and maintain a full liquid diet from the moment you wake up in the morning (water, juices without pulp, coffee, teas, broths, jello, popsicles, milk, ice cream, yogurt, pudding and cream soups (no solids in soups). ***You must drink as much fluids as possible in the morning.*** You may have water, apple juice, white grape juice, Sprite, seltzer, 7-Up, ginger ale, ice tea, clear broth, coffee or tea, Gatorade, and/or any color Jell-O or ice pops **except RED. No solid food is allowed.**

Step Two: At 3 PM take the four Dulcolax tablets with 8 ounces of clear fluid.

Step Three: At 5 PM mix Miralax with the 64 ounces of fluid and continue drinking every 10 to 15 minutes until all the fluid is gone (this should be finished by approximately 7PM). Drinking the solution over ice and with a straw may be helpful in finishing within the time allotted.

Step Four: When Miralax solution is finished, maintain a CLEAR liquid diet until bedtime (water, apple juice, white grape juice, broth, etc. **NO DAIRY AFTER MIRALAX SOLUTION!!!**

**\*\*\*\*\* It is very important that you drink as much as you can until bedtime.**

Step Five: **Nothing to eat or drink after midnight.**

NOTE: If you experience severe abdominal discomfort or bloating, stop drinking the solution for a while or wait longer between glasses. Nausea, cramping and abdominal fullness are common. If you have any questions, please contact the office at 845-471-9410.

### *Premier Medical Group of the Hudson Valley, P.C.*

Poughkeepsie | Fishkill | Kingston | Rhinebeck | New Windsor

*Hudson Valley Urology* Tel: 845.437.5000 | Fax: 845.452.2406 | *G.I. Associates* Tel: 845.471.9410 | *New Windsor* Tel: 845.562.0740

Web: [www.premiermedicalny.com](http://www.premiermedicalny.com)