

Colonoscopy bowel prep with Miralax

Two days before the colonoscopy: Low Residue Diet

Foods allowed

White bread, rolls, pasta, white rice, tea biscuits, plain sponge cake, eggs, cheese, butter, ice cream and jelly, potatoes, lean meats, fish, chocolate.

Foods not allowed

Whole meal, wholegrain, brown bread, rolls, brown rice, fruit cake, fruit and vegetables, salads, nuts and peanut butter.

The day before the procedure: Liquids only all day

At 6 PM mix the 8.3 ounce container of Miralax powder with 64 ounces of any clear liquid like Gatorade. Drink $\frac{1}{2}$ now and the remainder in 6 hours, which may be at 1 or 2 AM if necessary.

Take two Dulcolax tablets **only** if you are not having frequent liquid bowel movements after taking the first $\frac{1}{2}$ of the Miralax.

Drink copious amounts of clear liquid and continue drinking up to 5 AM if you are awake, to avoid dehydration. No solid food and no liquids after 5 AM

DO NOT use water to dissolve the Miralax powder