

Miralax/Crystal Light Bowel Preparation for Colonoscopy

Two Days before procedure:

1. Fill prescription for one bottle of Miralax, 225 grams.
2. Buy 4 Dulcolax tablets and a 64 ounce bottle of Crystal Light (NOT red or purple)

One Day before procedure:

1. Refrigerate the bottle of Crystal Light.
2. Drink ONLY clear liquids for breakfast, lunch, dinner, and all snacks (See list attached).
 - Drink at least eight to ten 8 fluid ounce glasses throughout the day.
3. At 3:00 P.M take 2 Dulcolax tablets with 8 ounces of clear liquids.
4. At 6:00 P.M, mix the bottle of Miralax in the 64 ounce bottle of Crystal Light.
 - Make sure the powder is well dissolved.
5. Drink one 8 ounce glass of the Crystal Light solution every 10 – 15 minutes until is finished.
6. At 8:00 P.M, take the last 2 Dulcolax tablets with 8 ounces of clear liquid.
7. You may continue to drink clear liquids until bedtime if you are thirsty.

The morning of the procedure:

- You may take your routine medications; provided they are taken at least 4 hours prior to your procedure time.

If you have any questions or concerns, please call our office.