

## **Patient Instructions** **Colonoscopy with Miralax**

### **Purchase (no prescriptions needed):**

- 4 (four) dulcolax Tablets
- 1 (one) 238 gram bottle of Miralax
- 64oz bottle of Gatorade or juice (any color but Red)

### **The day before your colonoscopy:**

- Have a light breakfast (no later than 10am)
- Drink “clear liquids” **ONLY** for lunch and dinner. No solid food until **after** your exam.
- 2:00pm: Take the 4 ducolax tablets with a glass of water
- 4:00-6:00pm: Mix the entire 236 gram bottle of Miralax into the 64oz of Gatorade or juice. Shake well to dissolve. Drink the **entire** 64oz bottle of Gatorade until the solution is completely gone (about one 8oz glass every 15 minutes).
- You can drink water after the solution is finished BUT:  
*Do not have ANYTHING else to eat or drink (including water) after midnight and until after your colonoscopy. You can take your medications with a sip of water the morning of your exam*

### **GENERAL INFORMATION:**

If you have any questions or concerns, please call Dr. Bernstein’s office and speak with the nurse:  
(212) 263-9700