



Digestive Health Specialists

OF THE SOUTHEAST

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INSTRUCTIONS FOR OUTPATIENT PROCEDURES/COLONOSCOPY

MIRALAX

1. **FIVE DAYS PRIOR TO PROCEDURE: (Restricted Residue Diet) DO NOT EAT** nuts, seeds, popcorn, or corn. Discontinue fiber supplements such as Metamucil, Citrucel, Fiberall, etc.
2. **ONE DAY PRIOR TO PROCEDURE:** You may only eat or drink clear liquids the entire day prior to your test. You may have Jell-O, popsicles, clear juices that have no pulp, black coffee, tea, colas, etc. **NOTHING RED, PURPLE, OR BLUE AND NO DAIRY PRODUCTS!!!**
3. At 3:00 p.m., take two bisacodyl (Dulcolax) tablets (over the counter).
4. At 5:00 p.m. mix the 238 gram bottle of Miralax (over the counter) in the 64 oz of water. For flavor, you may add Crystal Light product (not red, blue, or purple). Shake the solution until the Miralax is dissolved.
5. Drink an 8 oz glass every 10-15 minutes until the solution is gone.
6. Continue drinking clear liquids until bedtime.
7. This solution should give you diarrhea so that your colon is clean for a good examination at the time of your test. If you do not drink all of the solution, your examination will be inadequate and may need to be rescheduled.
8. On the day of your procedure do not eat or drink anything two hours prior to your arrival time. It is okay to take your required medication with only a small amount of water.