

## **Miralax (Glycolax) Method: 1 day prep**

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**Your procedure is scheduled for:**

**Date:** \_\_\_\_\_

**Time:** \_\_\_\_\_

**Arrival Time:** One hour prior to your procedure time

Your procedure will be performed at: **Bethesda Endoscopy Center:**

Camalier Building

10215 Fernwood Road, Ste. 260

Bethesda, MD 20817

301-530-2800

Please arrange for someone to drive you home after the procedure. You will not be allowed to leave alone if you have any type of sedation. If you have no one to take you home, you may arrange for the following private company to provide service:

Buckley's RMS contact Randy

Phone: 703-390-0535 301-946-8848 202-345-2845 [info@buckley4seniors.com](mailto:info@buckley4seniors.com)

***For questions or schedule changes contact Rockville Internal Medicine Group @ 301-762-5020 ext. 3056***

**Note: If you are canceling the night before your procedure, contact the endoscopy center directly and leave a message 301-530-2800 (There is a cancellation fee of 150.00 if you don't give 7 day notice).**

**Note: If you are constipated take an over the counter stool softener 3 days prior to your procedure.**

### **Preparations for the Colonoscopy**

- Purchase from the pharmacy- 1 bottle of Miralax (or Purelax which is the CVS brand name) – 500 grams.
- Purchase at least 6 tablets of Dulcolax pills. (These are over the counter, no prescription needed)

**Part 1: The day before at 5pm**

**Most patients have a bowel movement 3-4 hours after start of the prep but if you are constipated, it may take 6-8 hrs (overnight)**

1. Empty 2 capfuls of Miralax into 8-10oz of a clear fluid and dissolve. Drink this down with 2 Dulcolax pills
2. Wait at least a half hour and drink another glass (this is glass 2) of Miralax (2 capfuls) in 8-10oz fluid.
3. Wait at least a half hour and drink glass 3 prepared the same way as glass 2
4. Wait at least a half hour and drink glass 4 prepared like 2 and 3
5. Wait at least a half hour and drink glass 5 prepared like 1.

**Part 2- The Day of your procedure:**

4 hours before your procedure time you will start part 2

**Part 2 Steps:**

1. 4 hours before arrival- drink 8-10 oz. of clear fluid with 2 capfuls of Miralax dissolved in it. Take this glass with 2 more Dulcolax pills.
2. Wait at least a half hour and drink another glass (this is glass 2) of Miralax (2 capfuls) in 8-10oz fluid
3. Half an hour later drink glass 3 (the last glass) of Miralax prepared as 2.  
If your prep is successful then you should see clear stool or yellow- tinged clear stools completion. There should be no solid material at all and you should not have predominantly brown stool. If you are not clean take Miralax (2 capfuls) in 8-10oz fluid.

**Nothing by mouth 3 hours before your procedure includes water, gum, mints or your procedure may be canceled or delayed.**

**DIET/CLEAR LIQUID LIST- SEE ATTACHED**

**MEDICATION INSTRUCTION SHEET- SEE ATTACHED**

