



5 Day MiraLAX/Nulytely Prep Instructions

The purpose of this prep is to clean your colon. The cleaner your colon is prior to your exam, the more likely we are to locate any abnormalities.

Ensure a safe and effective colon prep by following these instructions exactly as directed below. At first appointment tell your doctor if you are taking any blood thinner/coagulant medications other than aspirin.

Several days before procedure:

Pick up a bottle of MiraLAX at pharmacy (over the counter). No prescription needed.

Fill prescription for Nulytely. A prescription has been sent to your pharmacy.

It is very important that you remain well hydrated for a number of days prior to and after the procedure. Gatorade® or sports drinks will result in better hydration than drinking just water alone.

Five days before procedure:

Mix one capful of MiraLAX with an 8 oz. glass of water and drink. Do this three times during the day during these five days.

Three days before procedure:

Avoid corn, popcorn, and foods with seeds, nuts, raw fruits, and raw vegetables.

Two days before procedure:

2 days prior to your procedure, start a full liquid diet. During this time you may consume:

- Milk
 - Ice Milk
 - Custards
 - Eggs
 - White bread (no whole grain)
 - Cream soups
 - Anything listed in the Clear Liquid diet.
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Day before/24 hours before procedure:

After waking in the morning, start a clear liquid diet, drinking at least 1 large glass (8 oz.) of clear liquids every hour until you go to bed. You may not have any solid foods until after your colonoscopy. No liquids with red, blue, purple, or orange coloring. No alcohol.

Consume only:

- Broth
- Italian Ice (with no fruit pieces)
- Popsicles
- Jell-O
- Water
- Black Tea/Coffee (No Milk or Cream)
- Soda
- Crystal Light
- Hard Candy
- Fruit Juice *without* Pulp
- White Grape Juice
- Gatorade / Sport Drinks
- Apple Juice

Prepare Nulytely solution in the morning by adding approximately 4 Quarts of HOT tap water to the fill line on the container. Shake repeatedly to be sure the powder is completely dissolved. Place in refrigerator to cool.

5:00 pm day before procedure:

Drink 8 oz. (240 mL, large glass) Nulytely every 15 minutes, for a total of 3 liters (3/4 of the solution).

Four hours before scheduled arrival time for procedure (may need to wake during night):

Start drinking 8 oz. (large glass) of Nulytely every 15 minutes for a total of 1 liter (until the remainder is gone) and at least 8 oz. (large glass) of clear liquids. The timing of this dose is important and should not be altered.

Immediately drink 3 more 8 oz. (large glasses) of clear liquids, and then stop drinking. After consuming remainder of prep, take 125 mg Simethicone (Gas X).

Three hours before procedure:

Nothing further by mouth, with the exception of any medications. Medications may be taken with small sips of water.

Day of procedure:

You will need a ride home from the hospital. Hospital policy requires a responsible person over the age 18 to provide transportation after your procedure. No taxis or public transportation acceptable. Failure to comply may result in cancellation of procedure.

Drink at least 6 more 8 oz. glasses of clear liquid prior to bedtime.

Day following procedure

May begin driving or operating machinery.