

Miralax OTC Colonoscopy Cleanse

These instructions are for a Miralax over-the-counter bowel preparation used prior to colonoscopy or flexible sigmoidoscopy. Following these steps carefully is essential for a safe procedure and an accurate exam.

Please see your general instructions for procedure, diet, and medication instructions.

What to Expect

- The goal of the prep is to completely clean the colon so the lining can be clearly examined
 - You will have frequent, loose stools, progressing to clear or yellow liquid
 - Mild cramping, bloating, or chills can occur and are expected
 - You should plan to stay close to a bathroom once the prep begins
 - Most patients tolerate this prep well and find it gentler than prescription options
-

What to Purchase (Over-the-Counter)

Please purchase all supplies at least 2–3 days before your procedure:

- Miralax or generic equivalent (polyethylene glycol 3350)
Two 119 g bottles (4.1 oz each, labeled “7 once-daily doses”)
- Bisacodyl 5 mg tablets (Dulcolax)
Four (4) tablets total
- Simethicone (Gas-X)
One tablet, 80 mg or 125 mg
- Clear liquids - Water, gatorade, ice tea, lemonade, etc.
At least four (4) 32-oz bottles (examples below)

⚠ NO red or purple liquids

Mixing the Miralax Prep (1-2 Days Before Procedure)

- Mix 119 g (7 capfuls) of Miralax into 32 oz of clear liquid
- Shake or stir until fully dissolved
- Repeat once to make two separate 32-oz prep bottles
- Chill if desired — cold prep is often easier to drink

Prep Timing Instructions

Day Before the Procedure

- 4:00 PM:** Take four (4) Bisacodyl tablets (20 mg total) with water
- 7:00 PM:** Drink 32 oz of Miralax solution over 1 hour. Then drink 32 oz of additional clear liquid over the next 1-2 hours
- Before Bedtime:** Take one Simethicone (Gas-X) tablet

Day of the Procedure

- 6 hours before your scheduled procedure time:** Drink the remaining 32 oz of Miralax solution over 1 hour
 - Stop all liquids 4 hours before your procedure time** (unless otherwise instructed)
-

What Is an Adequate Prep?

- **Your stool should be clear, yellow, or light tea-colored liquid**
 - No solid material or dark stool should remain
 - If output is still brown or cloudy, please call the office
-

Helpful Tips

- Nausea or vomiting can occur, most commonly with the second (morning) dose
 - If you feel nauseated, slow down, pause briefly, and then restart when able
 - Drinking the prep cold and using a straw may help
 - Walking can reduce bloating and discomfort
 - Use soft toilet paper or barrier cream to prevent irritation
 - Chills are common — use blankets if needed
-

When to Call the Office

- Persistent vomiting that prevents completing the prep
- Severe abdominal pain or dizziness
- No bowel movement after the prep
- Questions about medications or timing

Following these instructions closely helps avoid cancellation or repeat procedures and ensures the most accurate exam possible.

