

Preparing for a Rectal EUS/Flexible Sigmoidoscopy/Colonoscopy Using Miralax

You may only use Miralax Prep as instructed by the physician performing the procedure.

- Purchase the following at our pharmacy:
 1. 235-gram bottle of Miralax
 2. 4 – Dulcolax tablets
 3. 64 ounces of Gatorade (no red or orange)
- Day before procedure
 1. Start a clear liquid diet (NO SOLID FOOD)
- The night before procedure
 1. At 5:00 pm take four (4) Dulcolax tablets.
 2. Mix 64 ounces of Gatorade with the entire bottle of Miralax and drink an 8 ounce glass every 10 – 15 minutes (swallow rapidly do not sip). *You will have consumed several glasses before experiencing a watery bowel movement and you may feel slightly bloated. You should become more comfortable as you start to have periodic bowel movements. You may also experience nausea, abdominal fullness, and bloating. If this occurs, stop drinking temporarily or drink each portion at intervals longer than 10-15 minutes until the symptoms subside.*
- You should be finished with the solution in approximately 3-6 hours. YOU MUST DRINK ALL OF THE SOLUTION TO ACHIEVE THE BEST RESULTS

Cancel appointments 24 hours in advance

Outpatient Services

To reschedule call (205) 996-4744, select option 1

For questions about your procedure call (205) 885-4744, select option 2

*If necessary, please verify with your referring doctor and/or insurance company concerning appropriate referrals, pre-certification, and co-pay amounts for your procedures. **Copays** will be collected at the time of check-in.*

Endoscopy Services

To reschedule or for more information contact the Endoscopy Unit Scheduling Center at (205) 934-6895