



2 Day Miralax/SUPREP: Bowel Preparation Instructions

You will need to obtain a SUPREP bowel prep kit (requires prescription) which includes:

- 2 (two) 6-ounce (177ml) bottles of liquid bowel prep. A colon cleansing product.
- 1 (one) 16-ounce mixing container

Shopping List (these products can be purchased without a prescription):

- 1 (one) Bottle of Miralax powder (119 grams)
- 1 (one) 32oz. bottles of electrolyte replacement solution such as Gatorade, Pedialyte, Powerade or Propel. Diabetics should choose a sugar free variety.

Bowel Prep Instructions:

No solid food starting **2** days before your procedure.

You may have **clear liquids only** for those 2 days before the procedure.

Start your prep two days before your procedure between 2pm and 6pm.

Step 1: Add the Miralax powder to 1 (one) 32 ounce bottle of electrolyte solution and mix/stir.

Step 2: Drink **ALL** 32 ounces of the solution over the next hour by drinking one glass approximately every 15 minutes.

Step 3: After completing the solution, you should continue with clear liquids of your choice between prep doses.

At 5 PM on the day before your colonoscopy take your first dose of SuPrep.

Step 1: Pour **ONE** (1) 6 ounce bottle of SUPREP liquid into the mixing container.

Step 2: Add cool drinking water to the 16-ounce line on the mixing container and mix/stir.

Step 3: Drink **ALL** the liquid in the container.

Step 4: You **must** drink 32 ounces (two 16 ounce glasses) of water over the next hour.

You should continue with clear liquids of your choice between prep doses.

Eight hours prior to your colonoscopy take your second dose of SuPrep.

Repeat SUPREP steps 1 through 4. You must start your second dose of SUPREP at least (8) eight hours prior to your procedure time.

Six hours prior to your colonoscopy, stop drinking and have nothing more by mouth.

IF YOU DO NOT STOP DRINKING (6) SIX HOURS BEFORE YOUR PROCEDURE, YOUR PROCEDURE MAY BE CANCELLED.

Tips for your bowel preparation:

Bowel prep is the most effective way to clean out the bowel. Completing the entire bowel prep offers the best chance that your bowel will be empty so the doctor can clearly view your colon.

Avoid high-fiber foods such as popcorn, beans, seeds (flax, sunflower, quinoa), multigrain breads, or nuts for several days prior to your colonoscopy.

Drink as much fluid as possible during the day before your procedure. Try to drink at least 8 ounces of clear liquids every hour after waking up. Do not drink alcohol during your bowel preparation.

A nurse is available for questions Monday through Friday from 8am-4pm. Call 785-3500 press option 2.