

Miralax Bowel Prep for Pouchoscopy

The following items need to be purchased over the counter

1. 255 G bottle of Miralax, or about that size
2. 64 oz of Gatorade (no purple or red)

One week before to procedure

Please check with your family doctor if you are taking diabetic medications, or blood thinners such as aspirin, Coumadin, Plavix.

One day before to the Procedure

1. Clear liquid diet only
Soups- clear broth
Beverages- water, coffee, tea, carbonated beverages, no milk or cream
Juices- apple juice, no orange juice, no red juice
Deserts- Jell-O, popsicles, no red
2. Mix the entire bottle of Miralax with the 64 oz of Gatorade. Drink an 8oz glass every 15 minutes until completed. If your stool is still not clear repeat the same dose of Miralax.
3. Please continue to drink clear liquid until 2 hours before your procedure, as much as you can tolerate to help flush the prep through your bowel.

Sedation

If you are having sedation for your procedure a responsible adult (family or friend) must come with you to your procedure and remain in the Endoscopy area until you are discharged. You are not allowed to drive, take a taxi, bus, plane or leave the Endoscopy Center alone.