

## COLONOSCOPY PREPARATION WITH SPLIT DOSE MIRALAX

**ONE WEEK BEFORE PROCEDURE :** Make sure to review instructions and pick up needed prescriptions or over-the-counter medications.

**AVOID** consuming corn, seeds, and nuts from this date on until your procedure is completed.

**PURCHASE** the following from your pharmacy or grocery store:

- \* One 238 gram bottle of Miralax- purchased over-the-counter
- \* Four Bisacodyl (Dulcolax laxative) tablets- no prescription needed
- \* 64oz. of Gatorade, Propel, or similar sports drink (avoid red or purple)

**REVIEW** these instructions and the attached Medication Check List.

### **DAY BEFORE PROCEDURE :**

#### **NO SOLID FOODS OR DAIRY PRODUCTS TODAY**

**CLEAR LIQUIDS ONLY TODAY** (anything you can see through)

**Examples include:** water, broth, black tea or coffee (no creamer), clear juice without pulp such as apple or white grape, jello, clear soda such as Sprite or Ginger-ale, clear Ensure or Pedialyte, popsicles, sorbet, hard candy, Gatorade and other sport drinks. **Avoid red or purple colored liquids.** No alcoholic beverages. Be aware that carbonated beverages may cause bloating.

**Mix the entire container of Miralax in 64oz. of Gatorade or Propel.** You may mix the solution up to 24 hours before you begin drinking it.

**At 6:00pm** - Take two (2) Bisacodyl (Dulcolax) tablets and begin drinking 32oz. of the Miralax solution. Mix well. Drink 8oz. of the mixture every 20-30 minutes. Shake the solution well before each glass.

#### **BE SURE TO DRINK PLENTY OF CLEAR LIQUIDS WHILE PREPPING FOR THE PROCEDURE.**

Some patients do experience nausea and/or vomiting while preparing for this procedure. If this happens, you may need to take a short break from drinking the mixture. **It is essential to complete your entire prep.** Bowel movements are not predictable - don't worry if it takes several hours after you drink the first dose of the prep before you have bowel movements.

### **DAY OF PROCEDURE :**

**At 5:00am** - Take two (2) Bisacodyl (Dulcolax) tablets and finish drinking 32oz. of the Miralax solution. Drink 8oz. of the solution every 20-30 minutes. Shake the solution well before each glass.

**\*\*\*Nothing by mouth 4 hours before colonoscopy. This includes gum, mints, cough drops and liquids.**

- Wear comfortable clothes. Do not wear contacts.
- Female patients under the age of 50 will be required to provide a urine sample for pregnancy testing

**If you have any questions, please refer to our website, [www.gastrowny.com](http://www.gastrowny.com).**