

INSTRUCTIONS FOR COLONOSCOPY WITH MIRALAX (SPLIT DOSE)

FOR PROCEDURES 12:30 PM OR LATER ONLY

WEBSITE: GASTROCN.Y.COM

DAY BEFORE YOUR PROCEDURE: **CLEAR LIQUIDS ONLY!!!! PUSH LOTS OF FLUIDS!!!** (BREAKFAST, LUNCH, DINNER) NO SOLID FOODS, NO MILK OR MILK PRODUCTS and **NO RED OR PURPLE LIQUIDS**

CLEAR LIQUIDS INCLUDE:

Strained fruit juices without PULP (apple, white grape, lemonade)

Water, CLEAR broth or bouillon, coffee or tea (without milk or non-dairy creamer or powder)

Gatorade, carbonated and non-carbonated soft drinks, Kool-Aid, seltzer, fruit flavored drinks

Plain Jell-O (no added fruits or toppings), ice popsicles

THE PREP HAS BEEN SENT TO YOUR PHARMACY

AND OR ALL NECESSARY ITEMS FOR YOUR PREP ARE OVER THE COUNTER

- (4) four Dulcolax 5 mg Tablets (**LAXATIVE**)
- (2) 28 oz bottles of either: Gatorade, Powerade, Pedialyte or any drink with **ELECTROLYTES**
- (1) 238-gram bottle of MiraLAX

DAY BEFORE PROCEDURE

- Divide the MiraLAX powder in half between the 28 oz liquids and mix thoroughly and chill before drinking

AT 1:00 PM DAY BEFORE YOUR PROCEDURE

- TAKE (4) FOUR DULCOLAX 5 MG TABLETS

BETWEEN 3:00 PM – 4:00 PM DAY BEFORE PROCEDURE

- Start drinking the first 28 oz bottle of your prep
- It is best to drink the prep relatively quickly, rather than sipping small amounts. If you get nauseated, stop for 15 minutes then resume taking the prep at a slower pace.

BETWEEN 5:00 AM TO 6:00 AM THE MORNING OF YOUR PROCEDURE

- Start drinking the other 28 oz bottle of the prep
- Bowel movements may continue for 1-2 hours after you have finished taking the prep. By this time the stool should be Clear. **YOU MUST COMPLETE BY 7:00 AM**

YOU MAY HAVE CLEAR LIQUIDS TILL 7:00 AM ON YOUR LIQUID DIET. ABSOLUTELY NOTHING AFTER 7:00 AM INCLUDING: CHEWING GUM, LOZENGES AND HARD CANDY UNLESS OTHERWISE DIRECTED BY YOUR PHYSICIAN