

**INSTRUCTIONS FOR COLONOSCOPY WITH MIRALAX (SPLIT DOSE)  
AND GAS-X (SIMETHICONE) FOR PATIENTS SCHEDULED 12:30 PM OR  
LATER ONLY**

**DAY BEFORE YOUR PROCEDURE: CLEAR LIQUIDS ONLY !!!!!**

Drink only “clear liquids” for breakfast, lunch and dinner. (Solid foods, milk or milk products are **NOT** allowed).

**Clear liquids include:**

Strained fruit juices without pulp (apple, white grape juice or lemonade)

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

**All of the following that are NOT colored red or purple:**

Gatorade, carbonated and non-carbonated soft drinks, Kool-Aid or other fruit flavored drinks, plain Jell-O (without added fruits or toppings), ice popsicles.

**You must avoid iron supplements for one week prior to the exam!!**

**1-2 WEEKS BEFORE PROCEDURE**

- Purchase (4) four Dulcolax 5 mg tablets over the counter at your pharmacy.
- Purchase one (1) 125 mg Extra-strength Gas-X tablet (Simethicone) chewable or soft gel at your pharmacy.
- Purchase two (2) 32 oz. bottle of Gatorade (any flavor except red or purple).
- Purchase one (1) 238gram bottle of Miralax.

**DAY BEFORE PROCEDURE- CLEAR LIQUIDS ONLY!!!**

- Divide the Miralax powder in ½ between each bottle of Gatorade and mix thoroughly.
- Chill the Gatorade.

**AT 1:00 PM DAY BEFORE PROCEDURE**

- Take (4) four Dulcolax 5 mg tablets.

**BETWEEN 3:00 PM TO 4 PM DAY BEFORE PROCEDURE**

- At 3:00 PM Take one (1) 125 mg. Extra-Strength Gas-X tablet (Simethicone)
- Start drinking the first bottle of Gatorade/Miralax preparation
- Drink one glass (8oz) every 15-20 minutes until the bottle is completed.
- It's best to drink the whole glass rapidly, rather than sipping small amounts continuously. If you start to get nauseated, stop for 15 minutes then resume taking the prep at a slower pace.

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

- Continue drinking the rest of the Gatorade/Miralax preparation until it's finished.
- You must complete all the prep by 7:00 AM
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❖ **YOU MAY HAVE CLEAR LIQUIDS UP UNTIL 7:00 AM. ABSOLUTLY NOTHING TO EAT OR DRINK AFTER 7:00AM UNLESS OTHERWISE DIRECTED.**

**NOTE-** Individual responses to laxatives do vary: this prep may cause multiple bowel movements.