

## **Miralax Split Dose Prep Instructions**

Your colonoscopy is scheduled on: \_\_\_\_\_

Follow these instructions for the colonoscopy prep:

- Stay on clear liquids all day the day before your procedure
- At 3 p.m. the day before your procedure, take two Dulcolax tablets (5 mg. each)
- Mix the entire 14 day supply of Miralax in a 1 gallon container of clear liquids. The solution should mix clear. You may refrigerate. Can mix with Gatorade and water.
- At 5 p.m. the day before your procedure, start drinking the first half of the prep. You can take a few hours to finish this part.
- Eight hours before your procedure (am or pm), drink the second half of the prep.
- You may continue on the clear liquids until 5 hours prior to the time you report for your exam.
- You are allowed to take your medications with a small sip of water. Follow separate medication instruction sheet.
- Sometimes it can take a few hours to start moving your bowels after drinking the prep.

•Abstain from smoking prior to anesthesia on the day of the procedure. This includes cigarettes, pipes, cigars, e-cigarettes and other substances. Smoking can cause complications during or after the procedure. Failure to comply may result in the cancellation of your procedure.

•Do not eat or drink anything colored red or purple in color during this diet.

•No alcoholic beverages of any kind during this prep.

•Avoid Iron for five days prior to procedure.

- Avoid eating corn for five days prior to procedure.
- It may take several hours to see the effect of the prep.
- It is normal to feel very “full” or “bloated” during your prep. Some people may also experience nausea and vomiting. If this occurs, simply wait about 30 minutes before resuming drinking. This will likely disappear once bowel movements begin. If the vomiting resumes, please call our office.
- A driver must come with you in order to drive you home after the procedure.

### **Clear Liquids:**

Water

Gatorade

Jell-O

Kool-Aid or other fruit flavored drink

Clear broth or bouillon

Ice Popsicles

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

Coffee or tea (without milk or non-dairy creamer)

Regular or High Protein Boost Pre-Mixed Liquid, not powder (any flavor) No

Substitutions Allowed

Soft drinks or soda (regular or diet)