

COLONOSCOPY PREPARATION

Miralax Split Prep

Colonoscopy Technique: A colonoscope is a fiber optic flexible scope that is inserted in the rectum after the patient is sedated. The scope is about the diameter of your finger and has a light source at the end so that the physician can see the lining of the entire large intestine, from the rectum to the cecum (where the appendix and small bowel attach to the large bowel). Factors affecting visibility of the entire lining include the presence of stool and the patient's anatomy (a fold, kink, or scar tissue that may make it more difficult for the physician to see the lining of the bowels).

PLEASE PURCHASE THE FOLLOWING:

- Four (4) bisacodyl (DULCOLAX) 5 mg tablets (not stool softeners)
- One (1) Miralax Bottle, 238 Gram Powder

Please note that generics are fine.

DO NOT FOLLOW THE DIRECTIONS ON THE LABEL OF THE MIRALAX CONTAINER.

THE DAY BEFORE YOUR COLONOSCOPY:

Mix the ENTIRE 238 gram bottle of Miralax with 64 ounces of clear, non-carbonated liquid, (i.e. Gatorade, Crystal Light. See Liquid Diet List) and refrigerate.

Please note that it is recommended to use Gatorade, Powerade or Sports Drinks to assist in maintaining hydration and electrolytes.

DO NOT MIX WITH RED OR PURPLE LIQUIDS.

1. Begin the liquid diet at midnight. NO FOOD MAY BE CONSUMED TODAY. Drink plenty of these fluids during the day to stay hydrated and to improve your results. You may continue to drink liquids even during the time you are drinking the prep. You must stop any liquids 4 hours before your procedure start time.
2. At 2 pm take 4 bisacodyl (Dulcolax) 5 mg tablets.
3. At 5 pm begin drinking the first 32 ounces of the Miralax prep solution. Drink 8 ounces every 15 minutes until the 32 ounces has been consumed. It should be completed in 1 hour.

THE MORNING OF YOUR PROCEDURE:

1. Start the second 32 ounces of the prep beginning 6 hours before to the start time of your procedure: _____. It should be completed in 1 hour. These guidelines for the timing of when to take this second 32 ounces of prep are very important, even if you are scheduled early in the morning.
2. DO NOT drink any other liquids during the 4 hours before your procedure start time.
3. If after completion of your prep you are not seeing clear to yellow results, please call your physician, or the physician on call for further instructions.

LIQUID DIET

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| • Carbonated beverages (may have dark colored soda) | • Apple juice, white grape juice | • Gatorade and Popsicles |
| • Hard candy, sugar, artificial sweeteners, honey and salt | • Fruit flavored beverages | • Lemonade (no pulp) |
| • Broth (chicken, beef or vegetable) | • Tea, coffee | • Water • Jell-O |

You may NOT have the following as part of the liquid diet:

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| • Red or purple liquids | • Dairy | • Coffee creamers | • Smoothies | • Alcohol | • Protein shakes |
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