

## COLONOSCOPY PREPARATION INSTRUCTIONS – Split Dose Miralax

Patient Name: \_\_\_\_\_ Doctor: \_\_\_\_\_

Procedure Date: \_\_\_\_\_ Check-in at \_\_\_\_\_ a.m./p.m. with procedure to follow **one hour later**.

Facility where procedure is to be performed: **Southeast Valley Endoscopy Center**

▪ **PURCHASE FROM THE DRUG STORE (OTC/NO PRESCRIPTION NEEDED)**

- Docolax (Bisacodyl) 5mg tablets
- MiraLAX Powder 8.3 oz (238 gm) bottle
- Two 32 oz bottles of Gatorade or water. (may also use sugar free Crystal Light)
  - If Gatorade is used please choose a light colored or clear flavor – no red, purple or blue.

▪ **FOR THE ENTIRE DAY BEFORE YOUR TEST, FOLLOW A CLEAR LIQUID DIET.**

**NO SOLID FOODS MAY BE EATEN!** We recommend that you drink at least 32 ounces of clear fluids before beginning the prep. Clear liquids include water, pulp-free juice, tea, coffee, soda, clear broth, Jell-O (no red or purple), popsicles (no red or purple) and Gatorade (no red or purple). *Please do not consume milk, milk products, non-dairy creamer, red or purple products or alcoholic beverages.*

▪ **NOTHING BY MOUTH 4 HOURS PRIOR TO YOUR CHECK-IN TIME – THIS INCLUDES WATER, MEDICATIONS, GUM AND MINTS.** You may continue to drink clear liquids up to four hours prior to your check-in time.

▪ **WHEN TO DRINK THE LAXATIVE SOLUTION:**

☐ **For a Check– In Time of 9:30 AM or earlier:**

- **At 6:00 PM** the day before your colonoscopy, swallow the 4 bisacodyl tablets.
- **At 8:00 PM the day before your colonoscopy**, mix ½ bottle of MiraLAX powder into one of the 32 oz bottles of Gatorade, water or Crystal Light. Shake until the powder is dissolved. Drink an 8 oz glass of solution every 10 – 15 minutes until the first 32 oz of drink mixture is finished. If you become nauseate you may drink the solution a little slower.
- **At 10:00 PM** the day before your colonoscopy, mix the rest of the MiraLax into the 2<sup>nd</sup> 32oz bottle of Gatorade, water or Crystal Light. Shake until the powder is dissolved. Drink an 8 oz glass of solution every 10 – 15 minutes until the first 32 oz of drink mixture is finished. If you become nauseate you may drink the solution a little slower.
- After finishing the prep solution continue to drink plenty of approved fluids **up until 4 hours prior to your schedule appointment to keep hydrated.**

☐ **For a Check– In Time of 10:00 AM or later:**

- **At 5:00 PM** the day before your colonoscopy, swallow the 4 bisacodyl tablets.
- **At 7:00 PM the day before your colonoscopy**, mix ½ bottle of MiraLAX powder into one of the 32 oz bottles of Gatorade, water or Crystal Light. Shake until the powder is dissolved. Drink an 8 oz glass of solution every 10 – 15 minutes until the first 32 oz of drink mixture is finished. If you become nauseate you may drink the solution a little slower.
- **On the day of** your colonoscopy, at \_\_\_\_\_AM (5 ½ hours before your check-in time) mix the rest of the MiraLax into the 2<sup>nd</sup> 32oz bottle of Gatorade, water or Crystal Light. Shake until the powder is dissolved. Drink an 8 oz glass of solution every 10 – 15 minutes until the first 32 oz of drink mixture is finished. If you become nauseate you may drink the solution a little slower.
- After finishing the prep solution continue to drink plenty of approved fluids **up until 4 hours prior to your schedule appointment to keep hydrated.**

<b>REMINDER: Nothing by mouth 4 hours prior to your check-in time.</b>
--

**Failure to follow these instructions could result in your procedure being postponed or cancelled. This is for your safety and to prevent an increased risk of pulmonary aspiration due insufficient time to allow stomach contents to be empty.**