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MIRALAX BOWEL PREP FOR COLONOSCOPY (SPLIT DOSE)

1 WEEK BEFORE THE EXAM

- Please inform your doctor if you take insulin, diabetes medications, clopidogrel (Plavix), warfarin (Coumadin), Pradaxa or other blood thinners.
- Please follow your doctor's specific instructions regarding these medications.
- Pick up from your local pharmacy the following:
 - Gatorade 64oz bottle (avoid red or purple colors)
 - 1 bottle of Miralax powder (8.3oz = 238gm)
 - 2 Dulcolax tablets

3 DAYS BEFORE EXAM

- **Do not eat** fruits, corn, beans or any food with seeds

1 DAY BEFORE EXAM (Date) _____

- **No solid food all day** – only **clear liquid diet (NO RED OR PURPLE color)**, including:
 - Water, clear broth, coffee or tea (without milk or creamer)
 - Sport Drinks such as Gatorade, Powerade, Propel or Vitamin Water (NO RED OR PURPLE)
 - Fruit flavored drinks such as Crystal Light, Kool-Aid, Capri Sun (NO RED OR PURPLE)
 - Apple juice, white cranberry juice, carbonated beverages or soda (NO RED OR PURPLE)
 - JELL-O, Italian ices, ice popsicles, sorbet, hard candy (NO RED OR PURPLE)
 - NO juice with PULP or MILK
- **BOWEL PREP INSTRUCTIONS:**
 - In the morning, mix the ENTIRE bottle of Miralax in 64oz. Gatorade. Shake the solution until the Miralax is dissolved and refrigerate
 - At 4pm, take the 2 Dulcolax tablets with a cup of water.
 - At 6pm, start drinking HALF (32 oz.) of the Gatorade-Miralax prep. Drink one 8oz. cup every 15 minutes until bottle is half empty. This part of the bowel prep takes about 1 hour.
 - Continue clear liquid diet until midnight

DAY OF THE EXAM (Date) _____

- **FOUR HOURS** prior to your scheduled procedure time, drink the rest of the solution (32 ounces). This means one 8oz. cup every 15 minutes until it is all finished. This part of the bowel prep takes about 1 hour.
- DO NOT EAT ANY SOLID FOOD.
- DO NOT DRINK ANYTHING **3 HOURS** PRIOR TO YOUR PROCEDURE
- Please take your heart and blood pressure medications with a small sip of water.
- Please arrive to the outpatient surgery center/ hospital **1.5 hours** before your procedure time.
- Please make sure you have an adult over the age of 18 with you the ENTIRE TIME of the procedure.