

GASTROINTESTINAL MEDICINE ASSOCIATES, INC
COLONOSCOPY MIRALAX SPLIT DOSE PREPARATION

PURCHASE AT THE PHARMACY

1. 4 DULCOLAX TABLETS – Laxative
2. 238 GRAM BOTTLE OF MIRALAX OR POLYETHYLENE GLYCOL
3. 64 OUNCES OF GATORADE OR JUICE (ANY FLAVOR EXCEPT RED OR PURPLE) OR CRYSTAL LIGHT FOR DIABETICS

DAY BEFORE THE PROCEDURE

1. DRINK ONLY **CLEAR LIQUIDS FOR BREAKFAST, LUNCH AND DINNER. YOU SHOULD HAVE AT LEAST 4-5 CLEAR LIQUID MEALS THROUGHOUT THE COURSE OF THE DAY. EACH MEAL SHOULD CONSIST OF JELLO, CLEAR LIQUID DRINK AND CLEAR BROTH SOUP. CONTINUE TO DRINK LIQUIDS THROUGHOUT THE COURSE OF THE DAY.
2. AT 12:00 PM - TAKE 4 DULCOLAX TABLETS.
3. AT 3:00 PM - MIX THE 238 GRAM BOTTLE OF MIRALAX INTO THE 64 OUNCES OF GATORADE OR JUICE OR CRYSTAL LIGHT. SHAKE THE SOLUTION UNTIL THE MIRALAX IS DISSOLVED. KEEP CHILLED.

*****BETWEEN 3 AND 5 PM, DRINK ONLY HALF OF THE 64 OUNCE BOTTLE, WHICH EQUALS FOUR 8 OUNCE GLASSES OF THE PREP. CONTINUE CONSUMING CLEAR LIQUIDS UNTIL BEDTIME.**

ON THE DAY OF THE PROCEDURE

*****DRINK THE REMAINDER OF THE PREP (32 OUNCES) 4-6 HOURS BEFORE YOUR ARRIVAL TIME.
DO NOT EAT OR DRINK ANYTHING ELSE ON THIS DAY.**

1. THE DOCTOR OR NURSE PRACTITIONER WILL INSTRUCT YOU IF MEDICATION SHOULD BE TAKEN OR HELD ON THE DAY OF THE PROCEDURE. IF YOU ARE INSTRUCTED TO TAKE MEDICATION, YOU MAY TAKE IT WITH A SMALL SIP OF WATER.
2. **NO DRIVING**-YOU **CANNOT OPERATE A MOTOR VEHICLE**. YOU CANNOT TAKE A TAXI OR A BUS AFTER THE PROCEDURE UNLESS YOU ARE ACCOMPANIED BY ANOTHER ADULT. IF THIS PROCEDURE IS NOT FOLLOWED, THE HOSPITAL WILL CANCEL YOUR APPOINTMENT.

CLEAR LIQUID DIET: **SOUPS**-clear broth, bouillon. **BEVERAGES**-tea, coffee, Kool-Aid, carbonated beverages. (Do Not Use any milk or cream in your coffee or tea). **JUICES**-(no red or pulp juices) white cranberry, apple, white grape, strained lemonade. **DESSERTS**- Italian ice, popsicles or Jello