

MIRALAX/GATORADE SPLIT DOSE PREPARATION FOR COLONOSCOPY

Please read these instructions carefully and call the office if you have any questions.

PURCHASE AT THE PHARMACY:

- **6 Dulcolax (bisacodyl) tablets**
- **238 gram bottle of Miralax (non prescription)**
- **64 ounces of Gatorade, any flavor except red ones (e.g. X-factor)**
- **One Fleets enema**

FIVE DAYS PRIOR TO YOUR PROCEDURE:

- **Stop taking _____**
- **Stop all fiber supplements including Metamucil, Citrucel, Benefiber, FiberChoice and flax seeds.**
- **If you are diabetic and use insulin, please contact our office for insulin instructions. If you have a history of heart valve problems or valve surgery or need antibiotics before surgery, please notify us.**
- **If you are currently taking blood pressure medicine, please take as scheduled.**
- **Asthmatic patients please bring your inhalers with you to your procedure.**
- **PLEASE call our office if you have any questions about which medications you should or should not take.**

ONE DAY PRIOR TO YOUR PROCEDURE:

- **Have a light breakfast by 8:00am. Thereafter take only clear liquids by mouth. This includes clear juices (apple, grape, strained lemonade), tea, coffee (no milk or creamer), soft drinks, sports drinks (Gatorade, PowerAde), clear broth or bouillon, Jello, Popsicles.**
- **Avoid red drinks, red Jello and dairy products.**
- **Consume large amounts of fluids to avoid hunger and dehydration.**
- **At 10:00 am take two (2) Dulcolax tablets – you may experience cramps and stools after ingestion.**
- **At 3:00 pm take another two (2) Dulcolax tablets – you may experience cramps and stools after ingestion.**
- **At 5:00 pm mix the full bottle of Miralax into 64 ounces of Gatorade. Shake until completely dissolved.**
- **Drink the first half (32oz.) starting at 5:00 pm. You will drink FOUR 8 ounce glasses of mixture. Take one 8oz glass every 10-15 minutes until you've finished the first half. This will induce stools.**

THE DAY OF THE PROCEDURE:

- **Drink the second half of Miralax starting 5 hours before your exam's scheduled time. Drink 8 ounces every 15 minutes. You must finish the second half within 1 hour of starting, so that your stomach is empty for your exam.**
- **Take two (2) Dulcolax tablets 4 hours prior to your exam's scheduled time**
- **You may continue to drink clear liquids until 4 hours prior to your procedure.**
- **DO NOT take anything by mouth for 4 hours prior to your procedure except medications (see below).**
- **Use a Fleets enema before you leave for the surgery center.**
- **Take your usual prescribed medication with small sips of water. If you are on anti-inflammatory medications or blood thinners please see instructions above.**
- **Please bring a list of your current medications and correct dosage to your appointment.**
- **Wear loose fitting clothes that are easily removed; wear no jewelry.**
- **NO DRIVING – you cannot drive; use a taxi or a bus after the procedure. You must have someone present to drive you home after the procedure or we may cancel your procedure.**

YOUR PROCEDURE IS SCHEDULED FOR _____ AT _____.

Please arrive at The Center for Colon and Digestive Diseases at 103 Gregg Avenue, Aiken, 15 minutes prior by _____. Please call there one day prior for Pre-Op instructions. Phone # is 803-226-0434.

There will be \$75.00 no show fee.

You can visit us at www.pghclinic.com for more information.