

MIRALAX COLONOSCOPY PREPARATION (SPLIT DOSE)

Purchase at your pharmacy:

- 4 (four) Dulcolax (Bisacodyl) tablets – laxative not stool softener
- 238 gram bottle of Miralax
- 64 ounce bottle of Gatorade.

Follow these instructions on the day prior to and the morning of the exam.

Day Before Your Colonoscopy

- * **In the morning start drinking, CLEAR LIQUIDS all day long. (See list provided)
You may have hard candy. No solid food.**
- * **In the morning, mix the Miralax with the 64 ounces of Gatorade, shake well and refrigerate**
- * **At 3:00pm take 2 (two) Dulcolax (Bisacodyl) tablets with water.**
- * **At 5:00pm complete the following:**

**Start drinking the Miralax solution, until ½ the liquid is gone (4) 8oz glasses.
One 8 ounce glass every ten minutes until ½ the solution is finished.
(ice and a straw may be helpful).**

Return remainder to refrigerator and maintain a CLEAR liquid diet until bedtime.

- * **At 7:00pm take (2) two Dulcolax (Bisacodyl) tablets. Drink at least 3 additional glasses of clear liquid before bedtime.
Nothing to eat or drink after midnight EXCEPT for the instructions below.**

Day of Your Colonoscopy

Six (6) hours prior to your scheduled arrival time follow the directions below:

- ***Drink the remaining Miralax solution. (4) 8oz glasses
You may have clear fluids up until 4 hours prior to your procedure.
Nothing to eat or drink after that.**

If your procedure is scheduled between 7:30 am and 11:00 am you can take the second prep dose at 10:00 pm the night before.