

## COLONOSCOPY SPLIT-DOSE PREP with Miralax and Gatorade

PLEASE report to the Admitting Department at \_\_\_\_\_ on \_\_\_\_\_ at \_\_\_\_\_ a.m./p.m. Procedure time: \_\_\_\_\_ a.m./p.m. Plan to be there 2 – 4 hours. The purpose of this procedure is to directly view the lining of the colon to inspect for disease. The main risk is the remote possibility of perforation. Immediately prior to the passage of the instrument, you may be given intravenous Demerol and Versed, or possibly other sedating agents. If you are ALLERGIC to either of these medications, or to LATEX, please be certain you have notified the office.

**SOMEONE MUST DRIVE YOU TO YOUR PROCEDURE, STAY WITH YOU, THEN DRIVE YOU HOME. NO EXCEPTIONS! YOU MAY NOT RESUME DRIVING OR OPERATE HEAVY EQUIPMENT FOR THE REST OF THE DAY.**

### **PATIENT INSTRUCTIONS – for the MIRALAX BOWEL PREP:**

**You will need to purchase:** four (4) Dulcolax laxative tablets; two (2) 32 oz. bottles of Gatorade (NO RED OR PURPLE); and MIRALAX 238g bottle. All available over-the-counter.

### **INSTRUCTIONS – DAY BEFORE PROCEDURE:**

**\* PLEASE DRINK FLUIDS THROUGHOUT THE DAY, ENSURING YOU ARE WELL HYDRATED.**

**\* DIABETIC PATIENTS: USE ½ YOUR INSULIN DOSE. *DO NOT TAKE YOUR DIABETIC PILLS TODAY.***

**\* DO NOT take any medication within 2 hours of taking Miralax mix.**

- 1. Start a clear liquid diet at breakfast, continue all day and until after the colonoscopy.**
- 2. Drink only clear liquids for breakfast, lunch and dinner. NO FOOD ALLOWED. No alcohol. DO NOT DRINK OR EAT ANYTHING RED OR PURPLE.**
- 3. At 12:00 p.m., take four (4) Dulcolax tablets with water.**
- 4. At 6:00 p.m., mix half (119g) of the 238g bottle of MIRALAX into a 32 oz. GATORADE (NO RED OR PURPLE). Shake the solution until the MIRALAX is dissolved. Drink an 8 oz. glass of the solution every 10 – 15 minutes until the solution is GONE. **\*\*GATORADE may be chilled if desired.\*\*****

**\*\* You can suck on hard candy for nausea. If there is no laxative effect 3 hours after taking the Miralax, call the office to speak with the Doctor on-call.\*\***

### **DAY OF PROCEDURE:**

**\* You may take any heart or blood pressure medications in the morning. \***

**5 hours before your colonoscopy time: \_\_\_\_\_, mix other half (119g) of the 238g bottle of MIRALAX into a 32 oz. GATORADE (NO RED OR PURPLE) as directed above, drinking an 8 oz. glass of the solution every 10 – 15 minutes.**

**Prep must be finished 3 hours before your colonoscopy procedure time).**

**After you complete the prep, do not take any other liquid or food.**

**\* DIABETIC PATIENTS: PLEASE CHECK YOUR BLOOD SUGAR, IF ABLE, AND TAKE YOUR MEDICATION WITH YOU TO THE HOSPITAL. USE ½ YOUR USUAL INSULIN DOSE. *DO NOT TAKE YOUR DIABETIC PILLS THIS MORNING.***

**\* You can eat or drink as soon as you feel you are alert enough to.**

**\*\*\* See page Two (2) for medications to stay away from prior to your procedure.\*\*\***

**\*\*\* See page Three (3) for full list of diet requirements.\*\*\***