



MIRALAX-GATORADE SPLIT PREPARATION

You will drink half of the prep solution the evening before and the remaining half of the solution 5 hours prior to your arrival.

Please follow all instructions carefully to prepare for your exam.

- You **MUST** have a driver the day of your exam.
- You are not permitted to drive for the entire day due to the medications you will receive.

Special Conditions:

- Tell your gastroenterologist if you are pregnant, have a heart, lung or kidney condition, or if you have had heart valve replacement.
- **Diabetics please contact your prescriber**, insulin or oral medication may need adjusted by your prescriber the day before and the day of the procedure.

Preparation ingredients: These are available for purchase at your drug store.

- (4) Dulcolax laxative tablets, (also known as Bisacodyl 5 mg.)
- (1) 8.3 oz. bottle Miralax powder (238 grams) or generic equivalent (Polyethylene Glycol), (**you will split this in half**)
- (2) 32 oz. bottles clear liquid, (total of 64 oz. needed), Gatorade, G2, Powerade, Powerade Zero (avoid red or purple colored drink)

Clear Liquid Diet:

- Gatorade, G2, Powerade, Powerade Zero, Smart Water, Vitamin Water, Pedialyte, Propel
- Clear broth, bouillon broth (no soup)
- Clear or strained fruit juice, such as apple juice, white grape juice
- Carbonated and non-carbonated beverages and waters
- Jell-O and popsicles (no red or purple)
- Coffee, tea, iced tea, lemonade (no cream or milk or non-dairy creamer)
- Hard candy
- **AVOID items that are colored red or purple. DO NOT drink alcohol, milk, dairy products, or non-dairy creamer.**

7 days before your colonoscopy:

- **Stop** taking iron supplements or multi-vitamins containing iron.
- **Ask your doctor for specific instructions if you take a blood thinner or take oral anti-thrombin inhibitors.**
- **Stop eating nuts, seeds, popcorn or other high fiber foods. Stop taking fiber supplements.**
- If on a daily regimen, take your Aspirin.

1 Day before your colonoscopy: (FIRST DOSE)

- Do not eat solid foods from the time you wake up. Begin the **Clear Liquid Diet** (acceptable clear liquids are listed above).
- Drink plenty of clear liquids through the day listed under **Clear Liquid Diet**. We also recommend (1) 8 oz. glass of water every hour.
- **At 3:00 PM: Take all (4) Dulcolax tablets.**
- **At 5:00 PM: Mix (1) 32 oz. bottle Gatorade** (or other liquid) with **half of the bottle of Miralax powder**. Begin to drink.
- **FIRST DOSE: Drink 8 oz. of this solution every 15 minutes. Complete within 1 hour.**

5 Hours before your colonoscopy: (SECOND DOSE)

- **5 hours** prior to your colonoscopy, mix remaining **32 oz. bottle Gatorade** (or other liquid) with remaining **Miralax powder**. Drink.
- **SECOND DOSE: Drink 8 oz. of this solution every 15 minutes. Complete within 1 hour.**
- Within 3 hours, your bowel movements should be yellow to clear.
- You may take your prescribed medications with a sip of water up to 4 hours before your procedure.
- If you use an inhaler, please bring it with you.
- **Nothing by mouth 4 hours before your procedure, no liquids, gum, candy, cigarettes, or smokeless tobacco.**

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