

MiraLAX Split-Dose Instructions Preparation

****Please read all of the following instructions for your colon preparation at least 1-2 weeks prior to your procedure.**

If you have a history of constipation, kidney disease, liver disease, or cardiac issues, PLEASE DO NOT take this prep.

PREPARATION & REMINDERS

- **If you are taking any blood thinners, you must notify your primary doctor about our recommendations of not taking any blood thinners prior to the colonoscopy.** See attached list of blood thinner recommendations.
- A Low fat and low fiber diet for two days before the clear liquid diet is recommended.
- If you do not have daily bowel movements or struggle with constipation, take a dose of MiraLAX before bedtime for seven days prior to taking the MiraLAX preparation. This is to be done in addition to the MiraLAX instructions listed below.

PURCHASE ITEMS FROM THE PHARMACY/GROCERY STORE

1. Four Bisacodyl 5mg tablets (non-prescription- Dulcolax)
2. 8 oz. bottle of MiraLAX (14 doses)
3. Simethicone/anti-gas chewables or soft gels (such as Gas-X or Simethicone)
4. 64 oz. of Gatorade, sports drink (Avoid red dye)
5. Desitin or A&D ointment for a skin barrier (optional)

DAY BEFORE YOUR PROCEDURE

1. Drink clear liquids for all three meals. It is imperative to drink a large amount of clear liquids throughout the day to stay well hydrated. **DO NOT** eat or drink any solid food, liquids with red, blue or purple dyes, pulp or dairy products. **CLEAR LIQUIDS** you may have: water, juices without pulp, PowerAde/Gatorade, tea, bouillon, broth, soda pop, plain Jell-O, coffee without cream, or popsicles.
2. In a pitcher, mix the entire 8.3 oz. bottle of MiraLAX with 64 oz. of PowerAde/Gatorade; refrigerate.
3. At **5 p.m.** take 2 Dulcolax tablets
4. At **5 p.m.**, begin drinking the MiraLAX solution as directed. **Drink 8 oz. every 15 minutes until the container is $\frac{3}{4}$ empty. (48 ounces)**
5. At **7 p.m.**, take 2 Simethicone/anti-gas chewables or soft gels with 8 oz. of water.
6. At **8 p.m.**, take another 2 Simethicone chewables or soft gels with 8 oz. of water. Simethicone has been shown to increase your doctor's ability to find and remove small, precancerous polyps. Simethicone is a safe, over-the-counter medication you can take to improve the efficacy of your colonoscopy preparation.
7. At **9 p.m.**, take 2 more Dulcolax tablets.

You will have consumed several glass of the MiraLAX solution before having the first loose, watery bowel movement. Initially, you may experience some symptoms of cramping and bloating, but these symptoms will subside as you continue to have bowel movements.

***Stay hydrated by drinking plenty of clear liquids until bedtime.**

MORNING OF THE PROCEDURE

- 1. Five Hours** before coming to the procedure drink the remaining MiraLAX solution (16 oz.) Drink 8 oz. every 15 minutes until the solution is completely gone. Drink 2-3 glasses of water over the next hour. **NOTHING BY MOUTH AFTER THIS LAST DOSE.**
- 2. Successful colon preparation** is the elimination of all stool and sediments from the bowel. The stool secretions should resemble a urine-like appearance.
- 3.** You may take a small amount of water with any blood pressure or seizure medications four hours before arriving to your procedure. All other medications can be taken after the procedure. **All clear liquids should be stopped 4 hours before your appointment.**

NOTIFY THE ENDOSCOPY DEPARTMENT

1. If you were unable to complete the colon preparation, we may need to reschedule your procedure.
2. If you have any questions regarding the colonoscopy preparation, call us at Revere Health Endoscopy Scheduling, 385-203-1150.