



## MIRALAX SPLIT-DOSE COLONOSCOPY PREPARATION

**PROCEDURE DATE:** \_\_\_\_\_ **ARRIVAL TIME:** \_\_\_\_\_

**STOP** taking phentermine 2 weeks prior to procedure. **NO illegal drug use 24 hours prior.**

**NO** aspirin, Advil, Motrin, Ibuprofen, Aleve, Excedrin, BC Powder or Celebrex, **3 days prior to test.** Tylenol is ok.

**NO** iron, vitamins or supplements, **3 days prior to test**

**NO** Metformin the day before or the day of your procedure.

**IF** you take blood thinners, your nurse will give you specific instructions for taking these prior to your procedure.

**PURCHASE** two Dulcolax tablets, an 8.3 oz. (238 grams) bottle of Miralax; and two 32oz bottles of Gatorade. These are available over the counter at any pharmacy — you do not need a prescription.

**THE DAY BEFORE YOUR TEST:** \_\_\_\_/\_\_\_\_/\_\_\_\_ :

**STEP 1** begin your clear liquid diet.

### CLEAR LIQUIDS

Water	Apple Juice	Clear Chicken Broth/Bouillon
Coffee (No Cream)	White Grape Juice	Clear Beef Broth/Bouillon
Tea	White Cranberry Juice	Plain Jello (Not Red)
Any Soft Drinks	Light Colored Gatorade	Light Colored Kool-Aid
Popsicles (Not Red)		

**NO MILK, NO ORANGE JUICE, NO PRUNE OR TOMATO JUICE, NOTHING RED OR PURPLE, NO SOLID FOODS**

**STEP 2** \_\_\_\_ : \_\_\_\_ take 2 Dulcolax tablets with an 8 oz. glass of water.

**STEP 3** \_\_\_\_ : \_\_\_\_ mix entire bottle of Miralax powder with 64 ounces of yellow or orange Gatorade or any other clear liquid. Shake the solution until the Miralax is dissolved. Drink half of this solution now.

### **NOTHING TO EAT OR DRINK AFTER MIDNIGHT THE NIGHT BEFORE YOUR PROCEDURE!**

**NO** mints, gum or candy!

**STEP 4** \_\_\_\_ : \_\_\_\_ the morning of your test, drink the remainder of the solution. **DO NOT EAT OR DRINK UNTIL AFTER YOUR PROCEDURE IS COMPLETE.**

You may take your routine morning medications such as seizure, high blood pressure, breathing, heart and behavioral medications **with a sip of water 3 hours before your test.** **DO NOT TAKE** any diabetic or blood thinners without your doctor's specific instructions.

**YOU MUST BRING YOUR VALID ID (PICTURE PREFERRED) AND INSURANCE CARDS.  
YOU MUST BRING A RESPONSIBLE ADULT (18 OR OLDER) THAT CAN DRIVE YOU HOME AFTER  
YOUR TEST OR IT WILL BE POSTPONED! NO UBER/TAXI.**

You should expect to be here 2 to 3 hours. Please call (901) 226-0536 for any scheduling needs.