



MIRALAX SPLIT-DOSE COLONOSCOPY PREPARATION

PROCEDURE DATE: _____ **ARRIVAL TIME:** _____

STOP taking phentermine if prescribed, 2 weeks prior to test.

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

Coffee (No Cream)

Tea

Any Soft Drinks

Popsicles (Not Red)

Apple Juice

White Grape Juice

White Cranberry Juice

Light Colored Gatorade

Clear Chicken Broth/Bouillon

Clear Beef Broth/Bouillon

Plain Jello (Not Red)

Light Colored Kool-Aid

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!**

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