

## **INSTRUCTIONS FOR COLONOSCOPY SPLIT-PREP**

### **WHAT TO PURCHASE**

- You will need to obtain an 8.3 oz Miralax (powder) and 6 Dulcolax 5 mg laxative pills. You may obtain these at the pharmacy of your choice with no prescription. You will also need 64 oz or 4L of Gatorade, Propel, or Crystal Light.

### **DAY BEFORE EXAMINATION**

- Start on a **clear** liquid diet.
- No dairy products or solid foods. No RED OR PURPLE products.

**CLEAR LIQUIDS INCLUDE:** Apple/white grape juice, Gatorade/soft drinks (no red or purple), Jello, (no red or purple), Propel flavored water, Bullion/clear broth, Tang, Popsicles/Icees (no red or purple), Coffee/Tea (no cream or milk added)

### **START BOWEL PREP AT 3:00 PM**

- Take 2 Dulcolax 5 mg tablets with 8 ounces of clear liquid.

### **6:00 PM**

- Mix one 8.3 oz bottle of Miralax with 64 oz of Gatorade, Propel, or Crystal Light.
- Drink an 8 oz glass of mixture every 10-20 mins until 32 oz have been consumed.
- Refrigerate the remaining 32 oz of Miralax solution.
- Continue to drink clear liquids as desired.

### **8:00 PM**

- Take 2 Dulcolax 5 mg tablets with 8 oz of clear liquid.
- Continue to drink clear liquids until midnight.

### **MIDNIGHT**

- Take 2 Dulcolax 5 mg tablets.
- Drink the remaining 32 oz of Miralax solution. Drink one 8 oz glass of solution every 10-15 minutes. This should take approximately one hour to complete.

**DO NOT EAT OR DRINK AFTER YOU HAVE COMPLETED THE MIRALAX SOLUTION.** We do want you to take prescription blood pressure or heart medications with a small sip of water if you usually take them in the morning. Consult WSS regarding any other medications.