



Miralax - Split Prep

INSTRUCTIONS FOR COLON PREP/LAVAGE

Preparation quality is your responsibility - it is critical you follow these instructions. The effectiveness of your colonoscopy in finding polyps and preventing cancer is largely dependent upon you providing an excellent colon preparation. Failure to take the prep as indicated below may result in a poorly cleansed colon and possible cancellation or rescheduling of procedure.

Three Days Before Exam

Pick-Up MIRALAX 238g (8.3 oz) at the pharmacy, (2) 5 mg tablets of Dulcolax, and 1 bottle of Milk of Magnesia. Also (4) 32 oz bottles of Gatorade or Powerade (**NO RED, PURPLE OR BLUE**).

Take a dose of Milk of Magnesia at bedtime three nights before your exam and again two nights before your exam.

Follow a soft diet. Do not eat legumes/beans, peas, carrots, corn, popcorn, tomatoes, whole grain bread, seeds or nuts for three days before your colonoscopy. Small seeds can interfere with the gastroenterologist's ability to suction remaining fluid from the colon (*see SOFT diet on back*).

Stop all iron, fish oil and other seed oil supplements 3 days prior to exam.

Day Before the Exam

- Do not eat any solid foods or dairy products. **NO SOLID FOOD, MILK, OR MILK PRODUCTS!**
- Drink only **CLEAR LIQUIDS** for breakfast, lunch, and dinner, and the remainder of the day. Drink plenty of fluids throughout the day (*see CLEAR LIQUID diet on back*).

At 4:30 PM: Take (2) 5 mg Dulcolax tablets.

At 5:30 PM: Mix HALF of Miralax powder with two 32 oz. bottles (total of 64 ounces) of Gatorade or Powerade (**NO RED, PURPLE OR BLUE**) in a large pitcher. Stir until completely dissolved.

At 6 PM: Drink one 8 ounce glass of Miralax solution. Continue to drink one 8 ounce glass every 10-15 minutes until you finish the 2 liters/64 ounces. Most people have a bowel movement after 1-2 hours; however, some patients may take several hours.

Do not drink clear liquids while you are drinking your laxative prep solution.

If you get too full or become nauseated, stop drinking, wait 30 minutes, then start drinking again, but slower. Keep drinking until you finish the 2 liters/64 ounces. The diarrhea will usually continue for several hours after completing the bowel preparation.

Once you have finished the first half of your bowel prep, you may continue to drink clear liquids until you start the 2nd half of Miralax (tomorrow).

Day of the Exam

4 Hours prior to leaving your house: Mix the other HALF of Miralax powder with the other two 32 oz. bottles (total of 64 ounces) of Gatorade or Powerade (**NO RED, PURPLE OR BLUE**) in a large pitcher. Stir until completely dissolved. Drink one 8 ounce glass of Miralax solution. Continue to drink one 8 ounce glass every 10-15 minutes until you finish the second half of the bowel prep (2 liters/64 ounces).

3 Hours prior to arrival: DO NOT eat, drink or chew anything further (not even water, ice, chewing gum or hard candy).

Arrive at the SSM Health Digestive Health Center at scheduled arrival time.

CLEAR LIQUID DIET

Clear liquid diet means NO solid food, milk, milk products, or liquids that have pulp. Clear liquids are liquids that you can see through. For this procedure, we also require *NO LIQUIDS THAT ARE RED, PURPLE OR BLUE.*

Clear liquids include:

- Water
- Clear fruit juice without pulp (apple, white grape, white cranberry)
- Lemonade (without pulp)
- Clear broth
- Coffee or tea (without cream)
- Sports drink (not red, purple or blue); brands include Gatorade, Powerade, All Sport, etc.
- Carbonated soft drinks (7UP, sprite)
- Kool-aid or similar drink (not red, purple or blue)
- Plain jello (without added fruit, not red, purple or blue)
- Popsicles (not red, purple or blue)

SOFT DIET

Includes:

- Non-alcoholic beverages, any
- Soft breads and rolls, crackers, cereals (must not have seeds, nuts, dried fruit, avoid coarse bran cereals)
- Cakes, pudding, custard, ice cream, sherbert, gelatin, popsicles, fudgesicles (must not have nuts, seeds, dried fruit, or coconut)
- Fruit juices, cooked or canned fruit, banana or other ripe soft fruits without seeds
- All lean, tender meats, poultry, fish
- Eggs, mild cheeses, yogurt
- Smooth peanut butter
- Potatoes, white rice, pasta
- Soups made with allowed foods from this list
- Butter, margarine, oils, gravy, ketchup, sugar, honey, syrup, hard candy, seedless jams, chocolate, are all allowed

Avoid:

- All vegetables
- Nuts, seeds, popcorn
- Dried fruit and coconut, berries, pineapple or hard/unripened fruits
- Strongly flavored, spicy, or highly seasoned foods, meats and sauces

HELPFUL HINTS

It is better to drink the prep quickly-try using a straw.

You may suck on hard candy or chew gum between glasses (no red, purple or blue)

To prevent your bottom from becoming sore, you may:

1. Use baby wipes or tucks pads
2. Apply KY jelly
3. Soak in warm water bath or use warm water spray
4. Use hemorrhoidal ointment if you have hemorrhoids (wipe off prior to your exam)
5. DO NOT use zinc based ointments or Vaseline

ATTENTION: *If after finishing the laxative prep your stools are not clear yellow (like urine) with "flecks", please call the SSM Health Digestive Health Center 229-7575 to speak with a phone call nurse.*