



21 READE PLACE
ASC, LLC

MIRALAX COLONOSCOPY PREPARATION (SPLIT DOSE)

Purchase 4(four) Dulcolax (Bisacodyl) tablets, 238 gram bottle of Miralax and a 64 ounce bottle of Gatorade at your pharmacy. **Follow these instructions on the day prior to and the morning of the exam.**

Step One: On the day of your appointment, someone must accompany you to the office or hospital.

Step Two: If you have a colostomy please bring an extra stoma bag. If you are diabetic, please check with your physician regarding insulin and oral diabetic medication regimen.

Step Three: If you require antibiotics before going to the dentist or for a heart murmur, valvular disease, or joint replacement, please inform us.

DAY BEFORE YOUR COLONOSCOPY **DATE:** _____

1. This morning start drinking, CLEAR LIQUIDS all day long. See list provided. You may have hard candy. **No solid food.**
2. In the morning, mix the Miralax with the 64 ounces of Gatorade, shake well and refrigerate.
3. At 3:00pm take 2 (two) Dulcolax (Bisacodyl) tablets with water.
4. At 5:00pm complete steps A and B below:
 - A. Start drinking the Miralax solution, until $\frac{1}{2}$ the liquid is gone (4) 8oz glasses. One 8 ounce glass every ten minutes until $\frac{1}{2}$ the solution is finished. Try to drink the solution quickly (ice and a straw may be helpful).
 - B. Return remainder to refrigerator and maintain a CLEAR liquid diet until bedtime and drink at least 3 additional glasses of clear liquid before bedtime.
5. At 7:00pm- Take **(2) two Dulcolax** (Bisacodyl) tablets. Drink at least 3 additional glasses of clear liquid before bedtime.
6. Nothing to eat or drink after midnight EXCEPT for the instructions below.

DAY OF YOUR COLONOSCOPY

DATE: _____ **TIME:** _____

Six (6) hours prior to your scheduled arrival time follow the directions below:

A. Drink the remaining Miralax solution. (4) 8oz glasses.)

B. You may have clear fluids up till 4 hours prior to your procedure, **TIME:** _____

C. Nothing to eat or drink after that.

If your procedure is scheduled between

7am and 11am ONLY you will

take the second prep dose @ 10pm the night before.

If you experience severe pain or vomiting with the preparation, please call 845-454-0222
Nothing to eat or drink after midnight for procedures in the hospital. Please follow
specific instructions for office procedures.