

MIRALAX SPLIT PREP INSTRUCTIONS

Please use this page as a checklist for your preparation.

☐ **ITEMS TO PURCHASE BEFORE YOUR PROCEDURE:**

Please purchase the following items from your local pharmacy prior to your appointment.

- **2 Dulcolax (bisacodyl) tablets**- no prescription needed, over the counter.
- **Gas X (simethicone) 125 mg capsules** – no prescription needed, over the counter.
- **Meclizine 25 mg tablet (for nausea)**- no prescription needed, over the counter.
- **Magnesium citrate- 1 bottle (10 ounces)**- no prescription needed, over the counter.
- **Miralax (polyethylene glycol) 238 gram bottle**- no prescription needed, over the counter.

☐ **FIVE DAYS BEFORE YOUR PROCEDURE: Begin low fiber diet**- see attached instructions.

☐ **THE DAY BEFORE YOUR PROCEDURE : (WHEN YOU WAKE)**

begin clear liquids only – no solid foods may be eaten until after your procedure has been performed/completed. Please drink 64oz. of clear liquids before starting your prep at 6pm. You may mix your Miralax formula and place in refrigerator.

- You may consume the following items:
- Coffee, water, or tea. (We agree it's odd, but coffee and tea without milk or creamer is considered a clear liquid)
- Clear carbonated beverages (soft drinks), ginger ale, sprite, 7up, sparkling water, etc. No "Energy" beverages.
- Gelatin dessert, (JELLO) plain or fruit flavored. No red or purple coloring/No solid pieces of fruit.
- Apple juice, white grape juice, or white cranberry juice. No pulp, no orange juice.
- Gatorade, Powerade, lemonade, or limeade. No red or purple.
- Clear, fat-free, beef or chicken broths, or bouillon.
- Snowballs, popsicles, slushes. No red or purple coloring, no pulp.
- Avoid any liquids not listed above.

☐ **THE DAY BEFORE YOUR PROCEDURE: (WHEN YOU WAKE)**

- Mix all the Miralax (238 grams) with 2 liters (64oz.) of any clear, non-carbonated liquid such as Gatorade, PowerAde, or Crystal Lite. (No red or purple coloring, no pulp).

☐ **12:00PM (the day before procedure)**

- Take **20 mg** of the Dulcolax (bisacodyl).
- Take 1 Gas X (simethicone) 125 mg capsule with a glass of clear liquid

☐ **2:00 PM (the day before procedure), for prevention of nausea and vomiting:**

- Take ½ of a tablet (12.5 mg) of Meclizine every 6 hours as needed for nausea and/or vomiting. **DO NOT TAKE MORE THAN 50 MG IN A 24 HOUR PERIOD.**

☐ **3:00 PM (the day before procedure):**

- Drink 1 bottle (10 ounces) of Magnesium citrate

☐ **6:00 PM (the day before procedure).**

- Drink 1-liter (32 oz) Miralax solution (one 8 oz. glass every 15 minutes until consumed).

☐ **2:00AM (the morning of your procedure):**

- Drink 1-liter (32 oz) Miralax solution (one 8 oz. glass every 15 minutes until consumed).

Clear liquids may be continued until prep is completed. This will help you remain hydrated. Nothing to eat or drink after prep is completed. Approved medications may be taken with a small sip of water.

Please follow these instructions to ensure you have a very good prep. The goal is for stool to be **CLEAR OR YELLOW** liquid – **NO BROWN**. Avoid having to repeat the procedure due to a poor prep!

Please call (225)755-4531 or (225)236-5503 if you have any questions about your prep instructions.