



NORTHERN MICHIGAN

**SPLIT PREP
MiraLAX/Gatorade
Colonoscopy Preparation
Instructions**

Colonoscopy Split Prep Instructions:
MiraLAX & Dulcolax

IMPORTANT - Please Read Both Pages of These Instructions at Least 1 Week Before Your Colonoscopy.

A Pre-Endoscopy nurse will call you within 24-72 hours of your procedure for an important health history interview.

Key Instructions:

Your doctor has scheduled you for a colonoscopy. To have a successful colonoscopy, your colon must be clear of any stool. Follow all of the instructions in this handout **EXACTLY** as they are written. If you do not follow the directions, your procedure may be canceled.

- **Do NOT** eat solid food the ENTIRE day before your colonoscopy.
- Buy your bowel preparation at least **5 days** before your colonoscopy.
- **Do NOT** mix the solution until the day before your colonoscopy.
- A responsible family member or friend **MUST** drive you home from the procedure. You are **NOT ALLOWED** to drive or leave the Endoscopy Center **ALONE**. If you do not have a responsible driver (family member or friend) with you to take you home, your exam will need to be rescheduled.

Medications:

Before your colonoscopy some of the medicines you take may need to be stopped or adjusted temporarily, please check with your primary physician for instructions.

- You may take your regular pills with sips of water up to 3 hours before your procedure. This includes most pain pills. **Pain pills to STOP taking 3 days prior to your procedure include Motrin, Ibuprofen, Daypro, Indocin, Advil, Nuprin, Naproxen, Aleve, Feldene, Voltaren, Celebrex, Relafen, Mobic, Lodine, Toradol, Ketoprofen, and Arthrotec.**
- **DO NOT TAKE IRON PILLS FOR 3 DAYS BEFORE YOUR PROCEDURE.**
- If you are prescribed blood thinners, ask your Primary Care Provider at least 2 weeks before the scheduled test **if and when** you should stop taking these medications. Blood thinners include Aggrastat (tirofiban), Aggrenox, Brilinta (ticagrelor), Coumadin (warfarin), Eliquis (apixaban), Heparin, Lovenox, Persantine, Plavix (clopidogrel), Pradaxa (dabigatran), Savaysa, and Xarelto (rivaroxaban).
- If you are taking Aspirin 81 mg or less, you may continue. **Do NOT** take more than 81 mg daily for 7 days prior to your procedure.
- If you are diabetic, you will be given instructions about diabetic medications during the pre-endoscopy interview.

FIVE (5) Days before your colonoscopy you need to buy the following (no prescription needed)

- One 56 or 64 ounce AND one 28 or 32 ounce bottles of Gatorade, Propel, Crystal Light, or other non-carbonated clear liquid drink (NOT red). If you have diabetes, you may use sugar-free Gatorade.
- Dulcolax (bisacodyl) laxative tablets (not suppository or stool softener, you will need three 5mg tablets for the prep)
- MiraLAX 238 gram AND MiraLAX 119 gram powder or equivalent grams of generic polyethylene glycol 3350.



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THREE (3) Days before your colonoscopy

- Begin avoiding high-fiber foods such as. Popcorn, beans, seeds (flax, sunflower, and quinoa), multigrain bread, nuts, vegetables, and fruit. Avoid fiber supplements such as Metamucil, Citrucel, or Konsyl.
- Foods that **CAN be consumed** include meat, eggs, dairy, white bread and pasta, fruit or vegetable juice, bananas, applesauce, canned peaches, and melons.

ONE (1) day before your colonoscopy

- Mix the 238-gram MiraLAX with the 56 or 64 ounce bottle of Gatorade
- Mix the 119-gram MiraLAX with the 28 or 32 ounce bottle of Gatorade
- Shake until the MiraLAX is dissolved and chill if desired. **DO NOT add ice, sugar, or other flavorings to the solution.**

CHECK YOUR SCHEDULED COLONOSCOPY TIME AND FOLLOW EITHER MORNING OR AFTERNOON INSTRUCTIONS BELOW

MORNING APPOINTMENTS (before 12 noon)

- **Only drink clear liquids the ENTIRE DAY.** The clear liquids you can drink include water, apple or white grape juice, clear broth (chicken or beef), coffee or tea (without milk or creamer), clear carbonated beverages such as ginger ale or 7-up, Gatorade or other sports drinks (not red), Kool-Aid or other flavored drinks (not red), jello or other gelatins (not red), or popsicles (not red).
- You must STOP these liquids 4 hours prior to your procedure.
- **At 8 am the day before your procedure** take the three Dulcolax (bisacodyl) tablets. Be sure to drink plenty of fluids after taking these tablets.
- **At noon the day before your procedure** begin drinking **HALF (1/2) of the MiraLAX/Gatorade solution.** Drink an 8 ounce glass every 10-15 minutes until the solution is gone.
- **At 5 pm the night before your procedure** begin drinking the remaining **HALF (1/2) of the MiraLAX/Gatorade solution.** Drink an 8 ounce glass every 10-15 minutes until the solution is gone.

AFTERNOON APPOINTMENTS (after 12 noon)

- **Only drink clear liquids the ENTIRE DAY.** The clear liquids you can drink include water, apple or white grape juice, clear broth (chicken or beef), coffee or tea (without milk or creamer), clear carbonated beverages such as ginger ale or 7-up, Gatorade or other sports drinks (not red), Kool-Aid or other flavored drinks (not red), jello or other gelatins (not red), or popsicles (not red).
- You must STOP these liquids 4 hours prior to your procedure.
- **At 12 noon the day before your procedure** take the three Dulcolax (bisacodyl) tablets. Be sure to drink plenty of fluids after taking these tablets.
- **At 5 pm the night before your procedure** begin drinking **HALF (1/2) of the MiraLAX/Gatorade solution.** Drink an 8 ounce glass every 10-15 minutes until the solution is gone.
- **At 6 am the morning of your procedure** begin drinking the remaining **HALF (1/2) of the MiraLAX/Gatorade solution.** Drink an 8 ounce glass every 10-15 minutes until the solution is gone

STOP ALL ORAL INTAKE 4 HOURS PRIOR TO PROCEDURE

If you need to reschedule, cancel, or have any questions about your procedure please contact the Endoscopy Nurse Navigator at 231-487-4398 or 231-487-5736 before 4 pm.