

IF YOU ARE SCHEDULED @ NOON OR LATER

SPLIT PREP MIRALAX COLONOSCOPY PREPARATION

BEFORE YOUR PROCEDURE

- Discuss all prescription medications you are taking with your physician or his/her nurse.
- Stop taking: Aspirin, products, Motrin, Ibuprofen, and Advil 7-10 days prior to procedure unless otherwise instructed preprocedure.
- **Blood thinners and Aspirin can be taken 3-4 days prior to the procedure if you have discussed this with the physician.**
- Purchase 2 bottles (32oz) of Gatorade, Crystal Light, Lemonade, Water or Iced Tea (any flavor except ones that are red-colored).
- Purchase an over the counter 238 gram bottle of MIRALAX.

THE DAY BEFORE YOUR PROCEDURE

- No solid food after 2PM, continue clear liquids between 2PM and 2 hours prior to your colonoscopy.
- At 4 PM mix
- 4 scoops of Miralax with 1-32 oz bottle of Gatorade, Crystal Light, Lemonade, Water or Iced Tea. Drink this as tolerated, in increments, over the next two hours.

THE DAY OF THE PROCEDURE

- At 7 AM, mix 4 scoops of Miralax with the other 32 oz bottle of Gatorade, Crystal Light, Lemonade, Water or Iced Tea.
- You may continue clear liquids (including 2 cups of coffee without cream) up to 2-3 hours prior to your colonoscopy time.

PLEASE REMEMBER YOU MUST HAVE A DRIVER IF YOU ARE RECEIVING SEDATION