

Miralax (Glycolax) Split Preparation for Colonoscopy

This product is a laxative medication combined with a liquid diet for use as a bowel preparation for a colonoscopy. It works very quickly so you need to have bathroom facilities available. **FOLLOW ALL THE STEPS COMPLETELY or your doctor may not be able to complete the exam.**

1. Purchase one bottle of **Glycolax 255gm** and **4 bisacodyl laxative pills** at the pharmacy or drug store. These products do not need a prescription.
2. 5 Days before **DO NOT** have any nuts, seeds, popcorn, corn or skins of raw fruit or vegetables. Also **stop iron** supplements 5 days prior. (Multivitamin with iron may be continued).
3. The day before the exam you may have **CLEAR LIQUIDS ONLY**. DO NOT HAVE ANY FOOD, CREAM, OR, MILK PRODUCTS.

What's considered a "clear liquid"?

A clear liquid is any beverage you can see through. Please avoid red or purple colored liquids. Sugar, sweetener and lemon are allowed. No cream, milk or pulpy juices are permitted.

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|-----------------------|-------------------|--------------|-----------|---------------|
| fruit juices | popsicle | Powerade | Pedialyte | water |
| Gatorade | 7-Up, Sprite | bouillon | Kool-aid | tea, iced tea |
| broth (beef, chicken) | Jell-O (no fruit) | black coffee | | lemonade |

To help prevent dehydration, it is important to drink plenty of clear liquids before, during, and after the colon-prep process. **We recommend that you have at least 20oz of Gatorade during the preparation period.**

You are not permitted to have alcoholic beverages 24 hours before or after the procedure.

Step 1: At 5 PM the day before your exam.

Mix 2 quarts of Crystal Light drink mix or any brand of drink mix with an **artificial** sweetener (do not mix with real sugar). Add 1 bottle of Miralax (Glycolax) 255 grams and dissolved completely. Refrigerate.



Step 2: At 6 PM DRINK ½ the SOLUTION

Drink one (8 oz.) glass every 10-15 minutes for a total of 4 glasses. Drink each glass quickly. A watery bowel movement should begin in approximately 1 hour. Continue to drink as much clear liquids as possible.



Step 3: At 9 PM

Take four (4) bisacodyl or Dulcolax **laxative** tablets with water. Do NOT chew or crush the bisacodyl tablets. You SHOULD continue to drink clear liquids for the remainder of the evening.



Step 4: At _____ AM PM day of exam

Drink one (8 oz) glass every 10-15 minutes (about 4 glasses) UNTIL ALL THE SOLUTION IS GONE. Drink each glass quickly. After the final glass you are to begin fasting; nothing by mouth, not even water until after the exam.



Fasting Time _____ **AM PM**
Arrival Time _____ **AM PM**
Procedure Time _____ **AM PM**

In addition to the laxative prep and liquid diet, you are required to completely fast at least 4 hours before the exam. Fasting means that you are to have nothing to eat or drink — no gum, candy, mints, chewing tobacco not even water. This is necessary due to the sedation or anesthesia that will be used during your test. While you are sedated, or sleeping, fluid from your stomach can be aspirated or move into your lungs. This can be very dangerous causing pneumonia, infection, and in rare instances, can be fatal. Fasting properly will lessen this risk, and help prevent complications.

The morning of the procedure take your Heart, breathing, seizure and blood pressure medications with a few sips of water.