



Instructions for Split Miralax Constipation Prep

Obtain from the pharmacy or store:

Three 5mg tablets Dulcolax (Bisacodyl) tablets you can buy over the counter.
Miralax 238 gm bottle (8.3 oz) available over the counter
Miralax (5 additional doses)
1 gallon of distilled water.
Crystal Light for flavor if wanted.

Special Instructions:

1. Do not take these medications for the 7 days before your procedure:
 1. Iron medication.
 2. Pills containing oils such as fish oil, Vitamin E, castor oil (however, if you have taken these medications please stop now and let the physician know at the time of your procedure).
2. It is OK to continue to take an aspirin.
3. Please notify us if you are a diabetic or are on any blood thinning medications.
4. 3 days before prep – No fruits with skins, raw vegetables, nuts, seeds, corn, or popcorn. No bulk agents such as Metamucil or Citrucel. If you inadvertently have eaten anything you shouldn't have, go ahead and proceed with the prep as outlined below but avoid any further foods on this list.

Liquid Diet

Drink **ONLY** clear liquids all day (breakfast, lunch, and dinner). Examples: tea, coffee, water, apple juice, cranberry juice (containing no red dye), clear broth, carbonated beverages, popsicles, Jell-O, Hi-C, Gatorade, Crystal Light. **DO NOT DRINK ANY RED LIQUIDS.** (Cranberry juice is OK). No solid food or milk products.

Three days before test:

Start taking Miralax (Glycolax). Take 1 dose (17g) in the morning and another dose at night for 2 days (4 doses total).

1 day before procedure:

1. Clear liquid diet all day.
2. In the morning, mix the Miralax with the gallon of distilled water. You may add 2 tubs of Crystal Light Lemonade mix to the gallon if you wish. Shake well and refrigerate.

* **4:00 p.m.** Take all 3 Dulcolax tablets at once.

* **5:00 p.m.** Begin drinking Miralax. Drink 1 glass (6-8 ounces) every 15-30 minutes until you have finished 1/2 of the gallon. You may pause up to one hour if you become nauseated. Be sure to stay near a restroom. **You many not see results until after your second dose.**

Day of Procedure:

5 hours before arrival time - Drink the other 1/2 of the gallon of Miralax, no other liquids. Be sure to finish the gallon of Miralax completely within 2 hours. You should not drink any liquids within 3 hours of your arrival time.

The goal for your bowel prep is to have clean/see-through yellow-tinged output. If you are still having solid output, please contact our office the morning of your procedure for further instructions.