

| Miralax Gatorade Split Dose Prep | | |
|---|--------------|-------------------|
| Date: | Time: | Physician: |
| Location: | | |
| Lovelace Medical Center Downtown 601 Dr. Martin Luther King Jr Ave NE, Albuquerque, NM 87102 | | |
| Please call to confirm appointment 505-999-1606 or 999-1610 | | |

Follow the instructions below to make sure that your colon is completely clean before your colonoscopy. You will need a driver on the day of your procedure. Please call our office if you have any questions.

1 WEEK PRIOR TO YOUR PROCEDURE

Let us know if you are on any of the following: Plavix, Coumadin, Effient, Eliquis, Pradaxa or Warfarin. Please call your managing provider for instructions on stopping your medication _____ days prior to your procedure.

Stop taking iron supplements or vitamins with iron, fish oil, krill oil, shark oil supplements as well as fiber.

Shopping list:

- Miralax Powder - 8.3 oz. bottle – No prescription is necessary for Miralax.
- At the pharmacy, purchase Dulcolax (bisacodyl) 5 mg tablets. No prescription is needed for Dulcolax (bisacodyl).
- 64oz. Gatorade or Gatorade G2 – No red or purple
- Optional for sore bottom - Plain or Aloe Baby Wipes, Desitin, A&D Ointment or Vaseline
- Clear liquids

3 days before your procedure

No fruits, vegetables, or corn. No foods that contain seeds like tomatoes, green chile, sesame seed buns, etc.

You can eat meat, fish, rice, pasta, bread without seeds, peanut butter, eggs, cheese, and cereal.

2 days before your procedure

No fruits, vegetables, or corn. **No** foods that contain seeds like tomatoes, green chile, sesame seed buns, etc. You can eat meat, fish, rice, pasta, bread without seeds, peanut butter, eggs, cheese, and cereal.

No solid foods after midnight

Confirm arrangements with your driver.

1 day before your procedure

Solid foods, milk, or milk product are **not** allowed. Drink only “clear liquids” for breakfast, lunch, and dinner. **PLEASE AVOID ANY RED OR PURPLE COLORED LIQUIDS.** Please read the labels.

“CLEAR LIQUIDS” INCLUDE:

- Strained fruit juice without pulp (apple, white grape, lemonade)
- Water, tea, coffee (without milk or non-dairy creamer)
- Clear broth or chicken, beef or vegetable bouillon
- Plain Jell-O, Popsicles
- Alcohol is not permitted.

12:00 noon: take 4 Dulcolax/Bisacodyl tablets with 8 oz of water. Thoroughly mix 8.3 oz of Miralax with 64oz of Gatorade or Gatorade G2.

5:00 pm: begin drinking ½ 32 oz. Miralax-Gatorade mixture. Drink an 8 oz. glass of Miralax Gatorade mixture every 10-15 minutes. Continue drinking until you finish 32 oz.

Day of Procedure

AT _____ **AM/PM**, drink an 8oz. glass every 15 minutes until you finish the remaining portion of the Miralax prep (32 oz.). You must finish the prep _____ hours before your procedure.

Take your medications at least 2 hours prior to your procedure with a small sip of water only.

Do not have anything to eat or drink (no liquids) after midnight the night before your procedure.

Do not skip heart, blood pressure or seizure medications.

You will need to bring current insurance information card, picture ID, and copayment.