

**COLONOSCOPY PREPARATION INSTRUCTIONS**  
**MIRALAX / DULCOLAX SPLIT PREP**  
**(For patients scheduled at 11 am or later)**

It is very important for you to **read and follow these instructions**. Failure to do so may result in cancellation of your procedure. Please keep them in a place where you can find them to **review again**, **ALONG WITH THE GENERAL COLONOSCOPY INSTRUCTIONS**, **one week prior to your test date**.

TEST DATE: \_\_\_\_\_

You must **PURCHASE** either:

1. **Ez2go Prep Kit** (available at our offices, **ONLY** at the time of your office visit- No Walk-In purchases)
2. **64 oz. of any clear liquid** (clear juice, fruit drinks, Gatorade, clear soda) (**nothing red** in color)

OR, (in any pharmacy, or grocery store in laxative aisle.)

1. **One 238 gram bottle of Miralax** (8.3 oz.)
2. **Two Dulcolax Tablets** (Laxative, **NOT Stool Softener**)
3. **64 oz. of any clear liquid** (clear juice, fruit drinks, Gatorade, clear soda) (**nothing red** in color)

ON THE DAY BEFORE THE TEST \_\_\_\_\_, DO THE FOLLOWING:

Date

You may have a normal breakfast, then,

**Starting at 12 NOON: You must stay on a CLEAR LIQUID DIET ONLY!!!**

**CLEAR LIQUID DIET**

Water	Tea	Clear Broth	Clear juice (no pulp)	Ice pops (no red)	
Jell-O (no red)		Ginger ale	7-up	Gatorade	Fruit drinks (no red)
	Coffee (very small amount of milk)		Italian Ice (no red)		

**NO SOLID FOOD PERMITTED!!**

**NO RED FLUIDS!!**

**DRINK AT LEAST 8 (8oz.) GLASSES OF CLEAR LIQUIDS**

**HOW TO TAKE THE PREP:**

1. **Beginning at approximately 5:00 PM** (day before)  
Take two (2) Dulcolax (Bisacodyl) tablets with 8 oz. of water. Swallow the tablets whole with a full glass of water.
2. **Beginning at approximately 6:00 PM** (day before)  
Mix the **entire bottle of Miralax** (or large bottle in ez2go kit) in **64 oz. of any clear liquid**. Shake the solution until the Miralax is dissolved. **Drink 8 oz. of the solution every 15-30 minutes** until the solution is **HALF** finished. Refrigerate remainder of solution.
3. **Beginning at 5:00 AM** (day of procedure)  
Drink the **second half of the solution**, 8 oz. every 15- 30 minutes until gone. Must be completed by 7 AM.
4. **Starting at 7 AM** on the day of the procedure, you **MUST have NOTHING AT ALL BY MOUTH, not even water.**

Please note; over the counter topical ointment/ cream, such as A&D, may be using to prevent rectal discomfort.