



PACT Gastroenterology Center
Hamden • Milford • Guilford



How to prepare for your Colonoscopy with Miralax/Gatorade/Dulcolax Split Dose - DC

Follow only these instructions (disregard the instructions that come with the kit). Please read over these instructions carefully as soon as you receive them.

Remember, your appointment could be rescheduled or cancelled if:

- **You do not finish your prep or appropriately follow the prep instructions below.**
- **You consume any food or drink within 3 hours of your arrival time.**
- **You do not arrive for your appointment on time.**
- **You do not have a ride home.** Medications will be given to you at the time of your colonoscopy that will impair your judgment and reflexes. You will not be able to drive yourself, and you will only be able to use a taxi or bus service if you have a responsible adult age 18 year or older to accompany you.
- **You have a change in your health insurance coverage.** Your new plan may require us to obtain authorization before performing your colonoscopy, a process that can take some time. Please notify us of any changes to your insurance immediately.

One week before your colonoscopy...

1. **Purchase a 238g bottle of Miralax (or generic equivalent).**
2. **Purchase a 119g bottle of Miralax (or generic equivalent). Mix one capful of this in 8 ounce of clear liquid and take daily for the 7 days prior to the procedure.**
3. **Purchase 2 Dulcolax tablets**
4. **Purchase a 64 ounce bottle of Gatorade ice (clear) or Lemon-Lime Gatorade**
5. **Purchase a 10 ounce bottle of Magnesium Citrate (no red flavors)**
6. **Purchase items for the clear liquid diet:**
 - Clear broth or bouillon
 - Soda, Gatorade (yellow or clear) or clear fruit juice (apple, white grape, lemonade)
 - Popsicles (no purple, red, or orange) or italian ice (lemon or lime)
 - Jell-O (no purple, red, or orange)
 - Coffee or Tea (no milk, cream, or dairy).
7. **Arrange for transportation to and from your colonoscopy.** You will not be allowed to drive yourself. You may not use a taxi or bus service unless you have a responsible adult 18 years or older to accompany you.
8. **Please refer to the instructions provided by the office regarding preprocedure medication changes. If you have any questions, please contact the office.**
9. Stop taking iron supplements (multivitamins containing iron are OK).
10. **Must purchase a bottle of Infant's Mylicon (Only if box is checked)**

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Four days before your colonoscopy...

1. Discontinue fiber supplements such as Metamucil, Citrucel, Benefiber, or similar.
2. Limit intake of high fiber foods such as raw fruits, vegetables, whole wheat, multigrain foods, nuts, popcorn, bran or bulking agents.

Two days before your colonoscopy...

1. Drink at least 8 glasses of water/clear liquids during the day
2. Stop eating solid foods at midnight

One day before your colonoscopy...

1. **Upon waking up**, begin the clear liquid diet:
 - No solid food until after your procedure
 - Water
 - Clear broth or bouillon
 - Soda, Gatorade (yellow or clear) or clear fruit juice (apple, white grape, lemonade)
 - Popsicles (no purple, red, or orange) or italian ice (lemon or lime)
 - Jell-O (no purple, red, or orange)
 - Coffee or Tea (no milk, cream, or dairy).
 - There is no limit to the amount of clear liquids you drink during the day.
2. **Drink at least one 8 ounce glass of clear liquid (as above) every hour during the waking part of your day**
3. **Between noon and 4pm in the afternoon**
 - Take 2 Dulcolax tablets by mouth
 - 2 hours after taking the Dulcolax tablets, mix the 238g bottle of Miralax and 64 ounce Gatorade in an empty pitcher and stir until dissolved
 - Drink 8 ounces of Miralax/Gatorade mixture every 20 minutes until the entire solution is gone

On the day of your colonoscopy...

1. **No solid food until after your procedure**
2. **4 hours prior to your arrival time:**
 - Drink the 10 ounce bottle of magnesium citrate
 - Add 6ml Infant's Mylicon to the last glass of magnesium citrate and consume (Only if box is checked)
3. **3 hours prior to your arrival time stop consuming anything by mouth (liquids or solids).**
4. Make sure to arrive on time for your appointment.