

Miralax Split Preparation for Colonoscopy

FOLLOW ALL STEPS COMPLETELY or your doctor may not be able to complete the exam.

1. Fill the enclosed prescriptions at the pharmacy.
2. **Purchase 4 Bisacodyl (Dulcolax) tablets and one bottle of miralax powder. These can be purchased at any pharmacy.**
3. **5 days before to your colonoscopy** do not eat nuts, seeds, corn and stop any vitamins or supplements.
4. The day before your exam you may have **CLEAR LIQUIDS ONLY.** **DO NOT HAVE ANY FOOD, ALCOHOLIC BEVERAGE, CREAM OR MILK PRODUCTS.**
5. **Please cease all medicinal and recreational smoked or vaporized cannabis (weed) 12 hours prior to surgery. Ingested cannabis or CBD oil must be stopped 8 hours prior to surgery.**

What's considered a "clear liquid"?

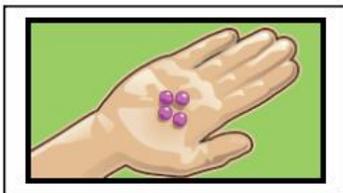
A clear liquid is any beverage you can see through. Please avoid red or purple colored liquids. No cream, milk or pulpy juices are permitted. Examples:



Step 1: At 8am the **day before your exam**, mix 2 capfuls of miralax powder into 24 ounces of water. Mix until powder is completely dissolved and drink it within 2 hours.



Step 2: At 4 PM the day before exam take four (4) bisacodyl (Dulcolax) laxative tablets with water. Do not chew or crush the tablets. You should continue to drink clear liquids for the remainder of the evenings



Step 3: At 5 PM the day before your exam. Mix 2 quarts of crystal light drink mix or Gatorade (do not mix with real sugar). Add 1 bottle of miralax 238 grams and dissolve completely. Refrigerate.



Step 4: At 6 PM take 1 pill to prevent nausea and drink ½ of the solution. Drink one (8oz) 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. Refrigerate remaining solution and continue to drink as much clear liquids as possible.



Step 5: At _____ AM the day of your exam, take 1 pill to prevent nausea and drink ½ of the solution. Drink one (8oz) glass every 10-15 minutes for a total of 4 glasses until ALL the solution is gone. After the final glass you are to begin fasting; NOTHING BY MOUTH, not even water, until after the exam. No smoking, tobacco use, or marijuana before your procedure.

