

# Miralax & Gatorade Split-Dose Prep

## Purchase the Following Products:

1. **Two (2) Dulcolax Tablets** (bisacodyl laxative)
2. **Miralax (or generic equivalent) 238-gram bottle or larger** (to be mixed in the clear liquid of choice below prior to drinking)
3. **Gatorade (or your favorite sports drink) 64-ounce bottle (NOTHING RED, ORANGE OR PURPLE)**. Sugar-free is fine.

**A RESPONSIBLE DRIVER MUST REMAIN AT THE FACILITY  
THROUGHOUT YOUR APPOINTMENT. NO EXCEPTIONS.**

**Please read all instructions thoroughly.**

## The Day BEFORE Your Exam:

- You may have a light breakfast. After breakfast, you will be on a **clear liquid diet. CLEAR LIQUIDS does not mean color. It means no solids or dairy.** Examples: Water, sports drinks, gelatin dessert, coffee (no creamer), broth (not soup), ice pops, any flavor of carbonated drink or any juice (pulp-free). Try to avoid **RED, ORANGE OR PURPLE.** We find that eating gelatin dessert helps to satisfy hunger. Continue to drink liquids through the evening to help flush out.
- Mix 14 capfuls (238 grams) of Miralax with the sports drink, and refrigerate it.
- At **3PM**, take **two (2) Dulcolax Tablets** by mouth.
- At **5PM**, drink one (1) 8-ounce glass of the prep drink every 15 minutes, totaling 32 ounces (4 cups).
- Continue drinking clear liquids for the remainder of the evening.
- A soothing ointment (Desitin, Vaseline) may be applied to the anal area if needed to prevent discomfort and skin breakdown.

**Arrive at the Shreveport Endoscopy Center at your scheduled time. It is not necessary to arrive early.  
Please call us if you have any questions regarding your preparation.**

## The Day of Your Exam:

- At **7AM**, drink the remaining solution: one (1) 8-ounce glass every 15 minutes, totaling 32 ounces (4 cups). Clear liquids are allowed until 4 hours prior to arrival.
- If you are not passing clear stool after drinking your prep, please purchase and drink one bottle of Magnesium Sulfate. **If your stool remains unclear, please call (318) 631-9121 for additional recommendations.**

- **If you smoke, please do not smoke the day of your scheduled procedure.**
- **NOTHING BY MOUTH FOR 4 HOURS BEFORE YOU ARRIVE! (This includes water, gum and mints.)**



### Medications:

- Take your regularly scheduled blood pressure, heart and seizure medications with a sip of water at least two (2) hours before you arrive.



### Diabetics:

- Test your blood sugar before coming in for your procedure, and bring the reading with you.
- If you take oral medication or insulin, **DO NOT** take it the morning of your procedure.
- Bring your insulin with you.
- Please contact the physician who manages your diabetic care if you have any questions regarding your oral medication or insulin dosages.



### Blood Thinners:

- If you are taking blood thinners (such as Coumadin, Warfarin or Plavix), call your prescribing physician, and ask if you may stop taking it 3 to 7 days prior to your procedure if you have not received instructions.
- If a biopsy needs to be taken during your procedure and you **HAVE NOT** discontinued for 3 to 7 days, the procedure may have to be repeated.
- You may continue taking aspirin, ibuprofen and other anti-inflammatory medications.



### Bring with you:

- Completed paperwork forms that were sent to you
- Photo ID and Insurance Card
- List of all medications, vitamins and supplements you are taking (include dosage, and last date and time each medication was taken before your arrival)
- Wear a short-sleeve shirt.

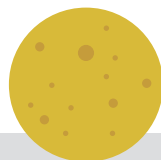
## Is Your Bowel Clean?



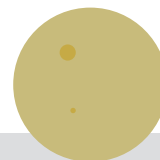
- Semi-solid stool
- Dark & murky



- Liquid stool
- Small amount of feces



- Liquid stool
- Particles present



- Liquid stool
- Particles present
- Almost ready



- Clear liquid

**READY**



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