

MiraLAX & Gatorade Split-Dose Prep

Purchase the Following Products:

1. **Two (2) Dulcolax Tablets or Liquid Tablets** (bisacodyl laxative)
2. **Three (3) MiraLAX 238-gram bottles or generic equivalent** (to be mixed in the clear liquid choice below prior to drinking)
3. **Three (3) Gatorade 64-ounce bottles (NOTHING RED, ORANGE OR PURPLE)**. Sugar-free drinks (G2, Powerade Zero, Propel, Crystal Light or water) are also options.

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

Please read all instructions thoroughly.

****If you are taking an injectable GLP medication for diabetes or weight loss you must not take the medication 7 days prior to your procedure.****

**** Please do not have nuts, seeds, or corn 3 days before your procedure****

1 Day BEFORE Your Exam:

- **You will be on a clear liquid diet all day. This includes breakfast, lunch and dinner.**
Clear liquids include water, sports drinks, black coffee, tea, any soda (light or dark), broth, gelatin dessert, ice pops and juice without pulp.
NOTHING RED, ORANGE OR PURPLE.
- If you are able to begin prepping sooner, you may begin at **1PM – 2PM**.
- No later than **3PM**, take two (2) Dulcolax Tablets by mouth.
- Mix entire bottle of MiraLAX with Gatorade in a separate container and refrigerate.
- At **5PM**, drink one (1) 8-ounce cup of the prep drink every 15 minutes, totaling 32 ounces (4 cups).
- If you are not passing clear or yellow-tinted water after drinking your prep, please mix an entire bottle of MiraLAX with Gatorade. Drink one (1) 8-ounce cup every 15 minutes, totaling 32 ounces (4 cups).
- A soothing ointment (Desitin, Vaseline) may be applied to the anal area 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 **8AM**, drink the remaining solution: one (1) 8-ounce cup every 15 minutes, totaling 32 ounces (4 cups).
- If you are not passing clear or yellow-tinted water after drinking your prep, 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.) **NOTHING** by mouth; otherwise, your procedure may be canceled due to safety precautions.



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 the medication 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 loose-fitting short-sleeve shirt.**

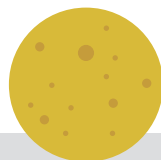
Is Your Bowel Clean?



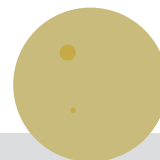
- Semi-solid stool
- Dark & murky



- Liquid stool
- Small amount of feces



- Liquid stool
- Particles present



- Liquid stool
- Particles present
- Almost ready



- Clear liquid
- READY**



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