

Gastroenterology
845-703-6999

Colonoscopy 2 Day Split Bowel Prep

Preparation for the test at home:

You will need to buy the following items which are available over the counter:

- FOUR **Dulcolax** laxative tablets
- ONE **238 gram** bottle of **Miralax**
- ONE **10oz** Bottle **Magnesium Citrate**
- ONE **64oz.** of Gatorade, Propel Water, apple juice, white grape juice, iced tea, Crystal Light Lemonade or clear liquid of your choice.

Two (2) days before the procedure: Avoid high residue foods, i.e.,: fruits (fresh/dried), vegetables, seeds, nuts. Have a regular breakfast, then clear liquids only after 12pm. Hydrate very well on this day.

At 5pm drink entire bottle of magnesium citrate.

One (1) day before the procedure: **Have a complete clear liquid diet the entire day before the test.** This includes Gatorade, Propel Water, apple juice, white grape juice, iced tea, Crystal Light Lemonade, clear broth, strained fruit juices, coffee, tea, carbonated beverages, water, jello, or ice pops.

Do NOT have any DAIRY products, ANYTHING RED or ANY SOLIDS.

*At **6:00pm**, mix the 238 gram bottle of **Miralax** in 64oz of CLEAR fluid. Shake until the powder is completely dissolved. **Drink an 8oz glass every 15 minutes** until half the bottle is consumed (every 20-30minutes is acceptable if necessary). You should continue to drink clear liquids to help flush things out. A good sign that the preparation has been effective is the transition to clear, watery bowel movements.

*At **9:00 pm**, take **4 Dulcolax** tablets, followed by 8 oz. of clear liquids

Day of colonoscopy: ***4 - 6 hours** before your scheduled arrival time, finish the remainder of **Miralax every 15 minutes until complete.** All the prep should be completed at least 3 hours prior to the arrival time. **Take all blood pressure and cardiac medications the morning of your procedure, unless instructed otherwise by M.D.**

YOU SHOULD HAVE NOTHING TO EAT OR DRINK AFTER THIS STEP.

Hold Aspirin/NSAIDS (Ibuprofen, Motrin, and Aleve) and Vitamin E for 5 - 7 days before the procedure unless otherwise indicated by your M.D. or nurse. Tylenol is ok to take.

Notify the Doctor/Nurse if you:

- Are diabetic (take ½ your meds the day before and nothing the morning of procedure)
- Have a seizure disorder
- Take blood thinners (i.e. Coumadin, Plavix)
- Have a latex allergy
- Have an allergy to Demerol or Valium
- Have an allergy to Novocain
- Have a pacemaker/defibrillator

Helpful Tips:

- **Consider drinking the prep through a straw and chilling the bottle. It may improve tolerance.**
- **Use baby wipes instead of toilet paper. Have some Vaseline or Desitin on hand for a sore bottom.**
- **The prep may start working from 30 minutes to 3 hours. Please remain close to a toilet.**