



WH Gastroenterology At Silver Stream

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Extended Miralax Split Dose Prep

What to Buy: You do not need a prescription; generic brands are acceptable.

- **Miralax 238 grams x 2** (to mix prep solution for use the day before your procedure)
- **Dulcolax (Bisacodyl) 5 mg laxative tablets.** You will need 4 tablets.
- **96 ounces of Gatorade, Powerade, G2, or Powerade Zero** (no other liquids may be substituted. DO NOT refrigerate the drink before you mix in the Miralax. This makes it difficult to dissolve the powdered Miralax.)
NO red, orange or purple colors!

The day before your procedure:

- In the morning mix 238 grams of Miralax with 64 ounces of Gatorade. Then Mix half the second bottle of Miralax (8 capfuls) with 32 ounces of Gatorade then refrigerate. Miralax will not change the flavor or appearance of the Gatorade, so label the bottle once it is mixed.
- **You will be on a clear liquid diet all day long. NO SOLID FOODS UNTIL AFTER YOUR PROCEDURE.**
- **You MAY have:** water, tea, black coffee, sodas, clear broths, apple juice, white grape juice, white cranberry juice, popsicles, slushies, Italian ice, Hi-C, Kool Aid, Jell-O and hard candy. (**No orange, red or purple colors.**)
- **Do NOT have:** Meat, milk, cream, pudding, fudgesicles, sherbets, fruit bars, fruit or fruit toppings, cream soups, any juice containing pulp (orange, tomato, grapefruit).
- **Please drink large volumes of clear liquids throughout the day to avoid dehydration and ensure a good prep.**
- **At 3:00 p.m.** take 2 Dulcolax tablets with 2 glasses of clear liquids.
- **At 5:00 p.m.** begin drinking 64 ounces of Miralax/Gatorade solution. Drink 8 ounces every 15-20 minutes until you finish. If you begin feeling bloated or nauseated you may take a break until you feel better, but you must finish the solution. Many patients report it is helpful to use a straw.
- **At 9:00 p.m.** take 2 more Dulcolax tablets with 2 glasses of clear liquids.
- You may continue clear liquids until **3 hours** prior to your procedure.

The morning of your procedure:

- Start drinking the 32 ounces of the Miralax/Gatorade solution 5 hours before your scheduled procedure time. Drink 8 ounces every 15 minutes until you have finished the bottle.
- You need to take your usual morning medications with only SIPS of water at least **3 hours** prior to your scheduled procedure time.

- **NOTHING by mouth for at least 3 hours prior to your procedure(s). This includes water, chewing gum, mints, hard candy, etc. For your safety, failure to comply with this will result in cancellation of your procedure(s).**
- If your bowel movements are not clear after the second dose of prep you may purchase one or two fleets enemas over the counter and follow included instructions.
- If bowel movement are still not clear after enemas please call our office for further instructions 910-341-3343.

Diabetic patients:

- **On the day before your procedure: Call your primary care provider for instructions on diabetic medicines.**
- **On the morning of your procedure DO NOT take any insulin or diabetic medications.**

Patients on Blood Thinners:

- **The nurse will tell you during your prep call when to take your last dose.**

Other Medication:

- Please see Medication Holding Guidelines.
- If you are taking Phentermine for weight loss you must hold for one week.
- For your safety, failure to comply with this will result in cancellation of your procedure(s). If you have any questions concerning this please call our office for further instructions at 910-341-3343.

Important Information:

- **Children under the age of 18 are not allowed in the Endoscopy Recovery Room.**
- It tends to be cold in our office, so we encourage you to wear a thick pair of socks to keep warm.
- You will need to bring a form of payment for your copay or deductible. Please leave all other valuables, including jewelry, at home. If you do bring a purse, please have your driver keep it for you during your procedure(s).

YOU CANNOT DRIVE YOURSELF HOME!

Following discharge from our center, you will be transported by wheelchair to your vehicle. **A responsible licensed driver of at least 18 years of age must be present upon your arrival and remain in the building during your procedure until it is time to drive you home.** It is recommended that someone remain with you throughout the day. The anesthesia medication you receive during your procedure makes driving dangerous and illegal. **We cannot legally release you to drive. You will not be able to drive the rest of the day. You cannot take a taxi, Uber or other ride share service home.**

Thank you for allowing Wilmington Health to serve your health care needs!