

Wilmington Health
1202 Medical Center Drive
Wilmington, NC 28401
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Extended Miralax Split Dose Prep

It is important to follow these instructions exactly as written. If your colon is not completely cleaned out the doctor will not be able to see and you may have to repeat the prep and procedure another time.

Procedure date and time: _____
Wilmington Health ASC, Endoscopy Unit - 3rd floor

What to buy: (you do not need a prescription; generic brands are acceptable)

- **1 bottle of Miralax 238 grams** (to mix prep solution for use the day before your procedure)
- **1 additional bottle of Miralax** (any size, for use on days leading up to your prep)
- **Dulcolax (Bisacodyl) 5 mg laxative tablets.** You will need 4 tablets.
- **64 ounce bottle of Gatorade, Powerade, G2, or Powerade Zero** (no other liquids may be substituted; **DO NOT** refrigerate the drink before you mix in the Miralax – it makes it difficult to dissolve the powdered Miralax) **NO red, orange or purple colors!**

Upon review of your medical record and/or medication list your physician recommends you begin preparations for your exam several days before your procedure. **Please take one dose of Miralax (according to package instructions) each day from _____ to _____.**

The day before your procedure:

- In the morning pour out 1 ½ cups Gatorade to make room in the bottle for the Miralax. Pour the entire bottle of Miralax into the bottle 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. NO SOLID FOOD UNTIL AFTER YOUR PROCEDURE!**
- **You MAY have:**
 - Water, tea, black coffee, sodas, clear broths, apple juice, white grape juice, cranberry juice, popsicles, slushies, Italian ice, Hi-C, Kool-Aid, Jell-O, and hard candy. (**NO red, orange, or purple**)
- **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 pm** take 2 Dulcolax tablets with 2 glasses of clear liquids.
- **At 5:00 pm** begin drinking the Miralax/Gatorade solution. Drink 8 ounces every 15-20 minutes until you finish the **4 cups**. If you begin feeling bloated or nauseated you may take a break until you feel better, but you must finish the **4 cups**. Many patients report it is helpful to use a straw.
- **At 9:00 pm** take 2 more Dulcolax tablets with 2 glasses of clear liquids.
- You may continue clear liquids until **3 hours** prior to your procedure.

(See back for continued instructions)



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The morning of your procedure:

- Start drinking the 2nd half 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 chewing gum, mints, hard candy, etc. For your safety, failure to comply with this will result in cancellation of your procedure(s).**

Diabetic Patients:

- **On the day before your procedure:** _____

- **On the morning of your procedure DO NOT take any insulin or diabetic medications.**

Patients on Blood Thinners:

- Please take your last dose of _____ on _____.

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-sharing service home.**

- **Anesthesia services are billed separately by Carolina Anesthesia. Anesthesia billing questions may be directed to 1-800-951-7850. For billing information other than anesthesia you may call our benefit coordinator at 910-796-7754.**

*Thank you for allowing Wilmington Health ASC to serve your health care needs!
It is our pleasure to be part of your health care family.*