



## 2 Day Miralax Split Dose Prep Instructions

### What you will need for the test:

- 10oz bottle of Magnesium Citrate (available over the counter at pharmacy)
- 8.4oz bottle of Miralax (or Glycolax) and 4 Dulcolax tablets
- 64oz bottle of Gatorade or Powerade (any color except red or purple). You might want to chill this bottle for better taste.

### Two Days Before the Procedure:

- At 6pm, drink the bottle of Magnesium Citrate followed by 8 oz. of water

### The Day Before the Procedure:

- You may have the **LOW FIBER BREAKFAST** described on Page 1 of the Colonoscopy Information sheet. Finish eating by 9am.
- After breakfast, begin clear liquid diet. Refer to the **CLEAR LIQUID DIET** instructions page for details and list of allowed clear liquids.
- At 3:00 pm, take 4 Dulcolax tablets with a large glass of water.
- At 6:00pm, mix the bottle of Miralax in a 64oz bottle of Gatorade or Powerade. Shake the solution until the Miralax is dissolved.
- Drink an 8oz glass every 10-15 minutes until half (32oz) of the solution is gone. If you experience nausea, slow down the intake of the prep.
- Continue drinking allowed clear liquids until bedtime.

### After Midnight the Day of the Procedure:

- **NOTHING** to eat or drink other than the prep solution.
- **5 HOURS BEFORE YOUR PROCEDURE ARRIVAL TIME**, begin drinking the remaining half of the solution. Drink 8oz every 10-15 minutes until you finish. If you experience nausea, slow down your intake, but you need finish drinking the prep within 1.5 hours.
- If you normally take medication for blood pressure, seizures, pain, anxiety or breathing problems in the morning, take these with a sip of water just before leaving the house.