

Fayetteville Gastroenterology Associates
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Fayetteville, NC 28304
(910) 323-5203

Split Dose Colonoscopy Prep with Miralax

You will need to purchase Miralax _____ gram bottle over the counter.

*This is the most important part of your colonoscopy.
A clean colon provides optimal evaluation.
If your colon is not clean, polyps and cancers may be missed.*

The Day Before Your Procedure _____

**You will be on a clear liquid diet the entire day.
See the back of this page for specific instructions.**

- ! Early in the day, mix the entire container of Miralax with 4 liters of Gatorade
 - o Do not use red or purple Gatorade
 - o Gatorade should be room temperature to mix, but once the Miralax powder is added, the solution can be refrigerated

- ! At _____ take 4 Dulcolax pills with 8oz. of water.

- ! At _____ begin drinking the Miralax solution. Drink an 8oz glass every 20-25 minutes until 2/3 of the container is gone.
 - o Do not sip!
 - o Initially you may feel bloated, but you will feel better once you begin to have bowel movements.
 - o Put the remaining solution back in the refrigerator.

The Day of Your Procedure _____

- ! At _____ begin drinking the remainder of the solution, an 8 oz glass every 20-25 minutes, until the container is empty.

- ! You may continue clear liquids until 2 hours prior to your appointment time. You should have nothing by mouth after _____. This includes water, gum, hard candy, cough drops, and medications.

If you have anything by mouth within 2 hours of your appointment, your procedure may be cancelled.

**If you have any questions during normal business hours,
please call _____ at _____.**

If you need assistance after normal business hours
(after 4:30pm Monday-Thursday, 1pm on Friday, or on the weekend)
Please call (910) 323-5203 and press option 8 for the answering service.