

MGB GASTROENTEROLOGY

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SPLIT COLONOSCOPY PREPARATION USING MIRALAX & GATORADE

PLEASE FOLLOW ALL INSTRUCTIONS: Please complete the prep as directed. An incomplete prep can lead to a poor exam. If you experience vomiting repeatedly, (more than twice) please take a 30 minute break, drink warm liquids, walk around and slowly resume your prep.

****BLOODTHINNER INSTRUCTIONS:**

****DIABETIC INSTRUCTIONS:**

FIVE DAYS before the test: Avoid raw fruits, raw vegetables, raw or cooked corn, salads, red Jell-O, beets, granola, nuts, and seeds.

***At least two days before test: you will need to obtain the following from your pharmacy or grocery store:**

- Four (4) bisacodyl 5 mg tablets, available **over the counter.**
- 128 oz of Gatorade or Pedialyte (2 -64oz bottles or 4 -32oz bottles any color EXCEPT red, blue, or purple).
- **If you are diabetic you may use PowerAde Zero or Gatorade Performance G2.
- 2 – 8.3 oz (238gm) bottles (Polyethylene Glycol) powder aka Miralax (or Generic/Store brand) **over the counter.**

ONE DAY before the test:

Light breakfast prior to 10:00am (i.e. eggs, piece of toast, cup of black coffee or tea –no milk) **THEN**

Clear liquids only after 10 a.m.: water, seltzer, tea or coffee (without milk or non-dairy creamer), Gatorade, broth, clear/non-citrus fruit juices, popsicles, and Jell-O. Drink at least 64 ounces of clear liquids.

→ **At 12 pm** Mix all the Miralax with all the Gatorade (see above) until completely dissolved and refrigerate if desired.

→ **At 2 pm,** take all four bisacodyl tablets with at least 8 ounces of clear liquid.

Continue drinking clear liquids all day.

→ **At 4 p.m.,** begin drinking 64oz of Miralax/Gatorade solution, by drinking 8 ounces every 10 to 15 minutes. It will take you 90 minutes to 2 hours to drink the first half of the solution. ***You will have 64 oz of solution left over for the morning dose***

****PLEASE AVOID red, blue and purple liquids, dairy and soy products, and juices with pulp or sediment.****

Please avoid all gum or hard candy after midnight (12:00am) until after your exam.

****ALL PIERCINGS, JEWELRY AND CONTACT LENSES MUST BE REMOVED PRIOR TO PROCEDURE****

THE MORNING of the test:

→ **Prior to procedure time;**

Drink the remaining half of Miralax/Gatorade (at _____). It will take you 90 minutes to 2 hours to drink the two quarts (64oz).

Stop all liquids 4 hours prior to the procedure time (nothing after _____)

YOU MUST HAVE A RIDE HOME. You will not be discharged from the Endoscopy Unit unless you are **accompanied by a responsible adult** who will either **drive you** home or **accompany you home** by taxi, uber, or bus.

REPORT TO: _____ Cooley Dickinson Hospital, 30 Locust Street, Northampton, Ma, North Entrance

You will be receiving a blocked call from Assessment at CDH, please answer when called

_____ Valley Medical Group, 31 Hall Drive, Amherst (Ambulatory Surgical Center Main Floor)

_____ Pioneer Valley Surgicenter, 3550 Main Street, Springfield, Suite 103

***Do not take Advil or Aleve
the morning of your procedure**

DAY: _____

DATE: _____

ARRIVAL TIME: _____