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General Surgery

Board Certified

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Your Pre-Op Appt at Wise Regional Hospital: _____

(If you need to reschedule your Pre-Op appt, please call 940-626-1730.)

Your Procedure at Wise Regional Hospital: _____

**INSTRUCTIONS FOR MIRALAX AND DUCOLAX BOWEL SPLIT-
PREP FOR COLONOSCOPY**

For this bowel prep, you will need to purchase some items over-the-counter from your local pharmacy or grocery store. Generic versions will be fine to use and will cost you less money.

*Miralax (generic is Polyethylene Glycol), 8.3 oz/238 grams bottle.

*6 - Dulcolax 5mg (generic is Bisacodyl) tablets (not suppositories)

*64 oz large bottle of a sports drink (Gatorade/Propel). **If you have diabetes**, buy a low calorie drink such as Crystal Light instead. This will be used to mix in your Miralax the day before your test. Do not use carbonated beverages. No red or purple drink flavor. (Refrigerate your beverage for better taste).

ON THE DAY BEFORE YOUR TEST:

1. Starting first thing in the morning, drink only clear liquids. Avoid all red or purple colored liquids. Do not eat any solid food or milk products until your test is done. Try to drink eight to ten, 8 fl oz glasses throughout the day.

You can have: Strained fruit juices without pulp (apple, white grape, lemonade), clear broth or bouillon, coffee, tea (no milk), soda (Dr. Pepper, Coke, etc.), ice, popsicles (no fruit chunks or milk in them), Gatorade, Jell-O, or any other clear beverage.

2. At 3:00 pm, take 2 Dulcolax tablets with 8 oz of clear liquids.

3. At 6:00 pm, mix the entire bottle of Miralax powder with 64 oz of Gatorade, Propel or Crystal Lite in a pitcher. Make sure the powder is well dissolved. You will need to **drink half** of the solution (**32 ounces**) within one hour (This is the equivalent of four 8 ounce glasses, which may be drunk at intervals of 10-15 minutes). Refrigerate the remaining solution.
4. At 8:00 pm take 2 Dulcolax tablets with 8 oz of clear liquids.
5. Continue to drink as much clear liquids as possible until bedtime. **DO NOT DRINK OR EAT ANYTHING AFTER MIDNIGHT EXCEPT FOR THE PREP** until your procedure has been completed.

**THE MORNING OF THE COLONOSCOPY: FIVE HOURS
BEFORE YOUR PROCEDURE YOU MAY ONLY CONSUME
THE FOLLOWING.**

1. Take the final 2 Dulcolax tablets.
2. **Drink the remaining half** of your Miralax solution (**32 ounces**) within one hour (this is the equivalent of four 8 ounce glasses, which may be drunk at intervals of 10-15 minutes). Leave an entire hour to complete the final portion of your prep.
 - If you are to take your morning medicines, take with small sips of water only.
 - You will need to have an adult with you to take you home after your test. You will not be able to leave by yourself and it will not be safe for you to drive because of the medicine you are given at the start of the test.
 - You may be told to arrive 1 hour before your test is scheduled so that staff can get you ready. Expect to be there for 2-4 hours for your test and recovery time.

PLEASE CALL OUR OFFICE IF YOU HAVE ANY QUESTIONS.

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