

# Colonoscopy Preparation Instructions

## Miralax+Gatorade+Dulcolax Split Dose Prep

Appointment date:

Appointment time (please arrive 1 hour early):

### Checklist items:

- Arrange for an escort to take you home** after your procedure
  - A responsible adult must accompany you home
  - If you do not have an escort, your procedure may be cancelled
  
- Review the Medication Management Instructions**
  - If you are taking blood thinners, medications for diabetes or GLP1 medications for weight loss, you may need to stop them or adjust the dose before your procedure
  
- Buy the following items:**
  - 1 bottle of polyethylene glycol 3350 powder** – 238 gram bottle (Miralax, Purelax)
  - 1 box of bisacodyl (Dulcolax) 5 mg tablets** – you will need 4 tablets total
  - 1 bottle of sports drink, 64-ounce size** (Gatorade, Powerade) – choose a zero sugar version if you have diabetes



### Location and contact information:

Moakley building 2<sup>nd</sup> floor (Suite 2200)  
830 Harrison Avenue  
Boston, MA 02118

# for Endoscopy scheduling:  
617-414-2600, option 1

# for Endoscopy nurse's station:  
617-414-2420

# GI doctor on nights/weekends:  
617-638-7243

## **IMPORTANT INFORMATION**

### “3-2-1” Diet and prep instructions:

#### **3 days before appointment:**

- Begin a **low fiber diet** (see provided list)

#### **2 days before:**

- Continue low fiber diet
- **Mix Miralax powder into 64 oz bottle of sports drink (Gatorade)** – shake and refrigerate

#### **1 day before:**

- Begin a **clear liquid diet only** (see examples below)
- Review the **Medication Management instructions** again
- @ 2 PM: **take 4 bisacodyl (Dulcolax) tablets**
- @ 8 PM: **Drink ½ of the sports drink laxative solution**

## **DAY of PROCEDURE**

- **Early AM: Finish drinking the sports drink laxative solution**
  - You must finish *at least 2 hours before* your appointment
  
- **You may continue to drink clear liquids *until 2 hours before* your appointment**
  
- **Arrive 1 hour before your procedure time**

### **Acceptable Clear Liquids:**

Water, clear soda, sports drinks

Juice with *no pulp*, Jell-O, ice pops

Black coffee or tea with *no milk or cream*

Clear broth (with no fat/oil)