

# North Country Gastroenterology

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Gastroenterology  
Office Endoscopy  
Infusion Therapy

## **Split Dose Miralax Bowel Prep Instructions**

You will need to purchase a 10 oz. bottle of Magnesium citrate (be sure it has no color) and a 238 gm (14 dose) bottle of Miralax (Polyethylene glycol), these are both over the counter.

### **Seven days prior to the procedure:**

- Avoid excessive use of aspirin, medications that contain aspirin, Advil, or Motrin/Ibuprofen. Tylenol is okay. Take all other regular medications unless otherwise instructed.
- Stop fish oil and avoid popcorn and seeds (fruit with seeds is okay).

### **The day before the procedure:**

- This is an all liquid day. Follow the clear liquid diet, listed on the back this page.

### **At 2 pm the day before your procedure:**

- You will drink one bottle of magnesium citrate. This medication can be chilled to improve taste.

### **At 5 pm the day before your procedure:**

- You will mix one capful (17 gm) of Miralax into 8 oz, of liquid and drink. Repeat this every 15-20 minutes for a total of 10 times.
- Please drink 4-5 of these doses with Gatorade, Pedialyte, or some form of electrolyte supplement.
- Continue to drink plenty of clear liquids
- To help keep track of your doses use the chart on the back of the paper.

### **At 8 pm the day before your procedure**

- chew the simethicone tablets provided
- continue with Miralax doses

### **The morning of your procedure:**

- You will need to complete 4 additional doses of Miralax, spread out every 15-20 minutes (you should use all of the powder).
- These doses must be completed 3 hours prior to your procedure
- You may start with these doses as soon as you wake up
- Continue with clear liquid diet up to 3 hours prior to the colonoscopy, then nothing by mouth.

## Approved Clear Liquid Diet

Bouillon

Black coffee or tea, you may sweeten this

Strained fruit juices without pulp (apple, white grape, white cranberry)

Water

Gatorade

Carbonated Soda ( coke, Pepsi, ginger ale, sprite, etc.)

Lemonade

Kool-Aid

Popsicles (no sherbets or fruit bars)

Jell-O (no fruit or toppings)

Hard candy

### **NOTHING RED OR PURPLE AND NO DAIRY**

You may use baby wipes and a skin protector such as A&D if you have sensitive skin, as irritation may occur

#### DOSE TRACKER

Dosing	Time	DONE
Dose 1	5:00 pm	
Dose 2		
Dose 3		
Dose 4		
Dose 5		
Dose 6		
Dose 7		
Dose 8		
Dose 9		
Dose 10		
Dose 11		
Dose 12		
Dose 13		
Dose 14		