

SPLIT PREP INSTRUCTIONS FOR MIRALAX

Five (5) days *prior to the procedure*:

- DO NOT take products that contain iron-such as multivitamins.
- Stop blood thinners such as Aspirin, Excedrin, Plavix, Pradaxa, Xarelto, Aggrenox, Eliquis, or Warfarin (Coumadin). This also applies to Motrin (Ibuprofen) and Aleve.

Three (3) days *before your procedure*:

- Avoid high-fiber foods-such as popcorn, beans, seeds (flax, sunflower, and quinoa), multigrain bread, nuts, salad/vegetables, fresh and dried fruit. Avoid fiber supplements-such as Metamucil, Citrucel, or Konsyl.

The day *before your procedure*:

- You will have clear liquids the entire day.
- Drink 8 additional glasses of water throughout the day.
- Mix the 8.3 ounces of Miralax with the 64 ounces of Gatorade. Stir/shake the contents until the entire contents of Miralax are completely dissolved. Chill if desired. Do **NOT** add ice, sugar, or any other flavorings to the solution.
- At 5:00pm take three (3) Dulcolax (Bisacodyl) tablets.
- At 7:00pm start drinking the first half of the prep. Drink one 8-ounce glass every 10 minutes.

The day *of your procedure*:

- You may take your morning medications the morning of your procedure, except for iron-containing medicines, blood thinner, or diabetic medications.
- 5 hours before the *start of your procedure*, start drinking the remainder of the prep. Try to finish this half within half an hour.
- You may drink one glass of water for 30 minutes after finishing the prep, *then nothing by mouth* until after your procedure.