

HAMPSHIRE GASTROENTEROLOGY ASSOCIATES, LLC
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PRACTICE LIMITED TO GASTROENTEROLOGY AND LIVER DISEASE
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SPLIT COLONOSCOPY PREPARATION USING MIRALAX & GATORADE

In order for the doctor to perform a procedure, a bowel “cleanout” must be completed at home, prior to the procedure. Bowel prep is a combination of a clear liquid diet and oral laxatives. You will need to purchase:

- One 238gm bottle of Miralax or 255gm bottle (Generic/Store Brand)
- A small box of Bisacodyl 5 mg tablets. You will need 4.
- 64oz of Gatorade (any color EXCEPT red, blue, or purple). If you are diabetic you may use PowerAde Zero or Gatorade Performance G2.

TWO DAYS before the test: Avoid raw fruits, raw vegetables, raw or cooked corn, salads, red Jell-O, beets, granola, nuts, and seeds. **DRINK AT LEAST 64 OZ OF CLEAR LIQUID – OR MORE, THROUGHOUT THE DAY**

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

ONE DAY before the test:

CLEAR LIQUIDS ONLY: water, seltzer, tea or coffee (without milk or non-dairy creamer), soda, broth, clear/non-citrus fruit juices, popsicles, and Jell-O. **Drink at least 64 oz of clear liquids.**

1. At 2:00pm take all 4 Bisacodyl tablets at with a clear liquid such as chicken broth.
2. At 4:00pm mix the entire bottle of Miralax with two quarts of Gatorade in a large pitcher. Stir well – be sure to stir the solution until the Miralax is completely dissolved. Drink a 8oz glass every 10-15 minutes until **half** the solution is gone. Remain near bathroom facilities for the remainder of the evening. If you feel nauseated, stop for one hour, but you need to drink half of the solution within 2 hours. Put remaining half of solution in the refrigerator for the morning of the procedure.
3. Continue drinking clear liquids until bedtime.
4. Diabetics will need an adjustment of their medications for this day. Ask your doctor.

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

THE MORNING of the test:

NO BREAKFAST – Clear liquid diet only.

à Prior to procedure time:

drink the remaining one liter of Gatorade & Miralax (at _____).

It typically takes 90 minutes to 2 hours to drink the one liter. Please be sure to drink all the prep at least 4 hours prior to the procedure.

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

Please avoid all gum or hard candy 4 hours prior to the exam

Instructions for Diabetic medications:

Stop Coumadin:

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 or bus.

Procedure Date: _____

Arrival Time: _____

REPORT TO: _____ Cooley Dickinson Hospital, Endoscopy unit (Emergency Entrance)
_____ Valley Medical Group, 31 Hall Drive, Amherst (Ambulatory Surgical Center Main Floor)