

## Split Dose Miralax Prep

### Supplies Needed

- Four (4) Dulcolax (Bisacodyl) 5mg tablets (available over-the-counter at the pharmacy)
- Miralax (polyethylene glycol 3350) 238 grams of powder (as marked on the container, available over-the-counter at the pharmacy)
- 64 ounces of clear liquids (any color you can see through except red or purple) – Gatorade, unsweetened iced tea, or water. *If you are diabetic or have kidney disease use water crystal light instead of Gatorade.*

### 5 Days Before Your Procedure

- Read all prep instructions
- Contact your prescribing physician for instructions on blood thinners
- Stop herbal, oil-based vitamins and iron supplements
- Stop all fiber supplements such as Metamucil, Citrucel, Fibercon, Benefiber, and Konsyl
- Stop all medications that stop diarrhea such as immodium (Loperamide), kaopectate (bismuth subsalicylate), and pepto bismol (bismuth subsalicylate).

### Day Before the Procedure

- **DO NOT** eat any solid food.
- Drink **clear liquids only** for breakfast, lunch, and dinner, also drink at least 8 ounces of clear liquids every hour while awake.
  - Water (plain, carbonated, or flavored)
  - Fruit juices without pulp, such as apple or white grape juice
  - Fruit flavored beverages, such as fruit punch or lemonade
  - Carbonated drinks, including dark sodas (cola and root beer)
  - Gelatin (not red or purple)
  - Tea or coffee without milk or cream
  - Sports drinks (not red or purple)
  - Clear, **fat-free** broth (bouillon or consommé)
  - Honey or sugar
  - Hard candy, such as lemon drops or peppermint rounds
  - Ice pops without milk, bits of fruit, seeds or nuts

**How to prepare your Miralax:** Mix and stir the entire bottle of Miralax (polyethylene glycol 3350) 238 grams of powder with the 64 ounces of clear liquid you purchased above. You may need to do this in a separate container or pitcher. The drink will taste better if it is chilled. When not in use, the mixture must be kept refrigerated.

***If your arrival time is before 12 Noon***

- At **4pm** the day before the procedure start to drink the first half (32 ounces) of the solution. Drink 1 glass (about 8 ounces) of the Miralax mixture every 15 minutes until the first half of the solution is finished.
  - *If you are too full or have nausea/vomiting, stop for 20-30 minutes, then start again. Refrigerate remaining solution.*
- **One hour after** you complete the first half of the Miralax mixture, take the 4 Dulcolax tablets with a glass of water.
- At **10pm** Start drinking the second half (remaining 32 ounces) of Miralax mixture. Drink 1 glass (about 8 ounces) of the Miralax mixture every 15 minutes until the second half of the solution is finished.
  - *If you are too full or have nausea/vomiting, stop for 20-30 minutes, then start again. Refrigerate remaining solution.*

***If your arrival time is after 12 Noon***

- At **5pm** the day before the procedure start to drink the first half (32 ounces) of the solution. Drink 1 glass (about 8 ounces) of the Miralax mixture every 15 minutes until the first half of the solution is finished.
  - *If you are too full or have nausea/vomiting, stop for 20-30 minutes, then start again. Refrigerate remaining solution.*
- **One hour after** you complete the first half of the Miralax mixture, take the 4 Dulcolax tablets with a glass of water.
- At **6am** the Morning of your procedure start drinking the second half (remaining 32 ounces) of Miralax mixture. Drink 1 glass (about 8 ounces) of the Miralax mixture every 15 minutes until the second half of the solution is finished.
  - *If you are too full or have nausea/vomiting, stop for 20-30 minutes, then start again. Refrigerate remaining solution.*

**\*\*\*\*\*Finish Drinking 4 hours before your arrival time\*\*\*\*\***

**Day of Procedure**

- **No** Solid Food
- **No** Alcohol
- **Do Not** drink anything unless you are still completing the Miralax prep.
- **No** gum or breath mints
- **You May** take your morning heart, blood pressure, asthma, seizure medication, and aspirin with a small sip of water.
- **PLEASE STOP ALL LIQUIDS 4 HOURS BEFORE YOUR ARRIVAL TIME.**

**PLEASE NOTE:** You must take all of the Prep solution as directed to clean your bowel adequately. Even if you are passing clear liquid you must continue to take the entire dose of the prep.

**IMPORTANT PHONE NUMBERS:**

Rutgers GI Clinic: 732-235-7784

Robert Wood Johnson Schedulers: 732-828-3000 x33210

GI clinic Schedulers: 732-235-5973

Interventional GI clinic Schedulers: 732-235-8970

Hospital PAT department **732-828-3000** x36616

For after hour **emergencies** call 732-235-778