

# TESTfacts

An Educational Health Series From National Jewish Health®



## MiraLAX® Split Prep for Colonoscopy

### Liquid Diet

Start a liquid (no solid foods) diet from the moment of waking up on the day before the procedure.

#### Clear Liquid Diet

- Gatorade, fruit juice (no citrus), soda, popsicles without fruit or cream, gelatin without fruit, broth without fat, coffee, and tea
- No solid food
- No red, orange, or purple colored liquids
- No dairy

### Take the Medications

- Take four (4) Bisacodyl tablets (5mg each) at 4pm the night before the procedure. These can be purchased at any pharmacy.
- Shortly before 6pm, make the “punch”  
Add One (1) 238 gram bottle of Miralax to 64 oz. of Gatorade in a 1 gallon pitcher. Add ice to fill the pitcher. Allow to sit for 5 minutes and stir occasionally to ensure the Miralax dissolves. You may use the generic alternative of Miralax.
- At 6pm start drinking 8oz (1 glass) of the “Punch” every 20 minutes until HALF of the pitcher is empty.
- Refrigerate the remaining punch overnight.
- 6 Hours prior to your procedure, stir the remaining “Punch” and drink 8oz (1 glass) every 20 minutes until the pitcher is completely empty.

### Do not eat or drink (not even water) anything 4 hours prior to your procedure.

- Be sure to inform your doctors and nurses about any diabetic medications and/or blood thinners you take.
- Take all medications for high blood pressure, heart conditions, or seizure disorder with water 4 hours prior to your procedure. This will be the last liquid you should have.
- Bring rescue inhalers, asthma inhalers, diabetic medications, glucose monitor, and CPAP or BiPap machine with you to the procedure.
- Please be sure to have a ride arranged and with you to take you home after the procedure. If you do not have a ride with you, your procedure may be canceled.

Call (303)398-1355 option #4, if you have any questions or need to reschedule. © PTE320, 2/15

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