



MIRALAX SPLIT PREP INSTRUCTIONS

General Guidelines for Your Colonoscopy

Why It Is Performed:

A colonoscopy is an endoscopic procedure used to examine the large intestine. Your doctor may recommend this procedure for:

- Changes in your bowel habits
- Blood in your stool
- Unexplained anemia
- Screening for colon cancer

Before the Procedure:

- You will receive a phone call by 6 PM the night before the procedure to let you know what time to arrive.
- Arrival times are given to admit you to the unit and prepare you for your procedure. It is important that you arrive on time. Please note: This unit treats both inpatients and outpatients, and emergencies may arise that could cause delays. Please be patient; we will provide you with the best care when it's your turn. Due to the unpredictable nature of procedure units, be prepared to spend the day here.
- Do not bring any valuables or wear jewelry on the day of your procedure, as there is no space to secure belongings.
- **You will receive medication to help you sleep during the procedure, so it's essential to have someone accompany you to take you home. For your safety, you cannot drive or use public transportation alone for 24 hours following the procedure. Please make sure you have a responsible adult available to drive you to and from the appointment. Without confirmation of a post-procedure driver, we will be unable to proceed with the procedure.**

Miralax Prep (Polyethylene Glycol 3350)

(To be taken for all lower procedures unless instructed otherwise by your physician)



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Please Note: If you had a colonoscopy in the past and the MiraLAX did not work for you, your doctor may prescribe a Golytely prep or a 2-day prep. Please see the additional handout for those prep instructions if needed.

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 or 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 (psyllium), Citrucel (methylcellulose), Fibercon (polycarbophil), Benefiber (wheat dextrin), and Konsyl (psyllium hydrophilic mucilloid).
- Stop all medications that stop diarrhea such as Imodium (loperamide), Kaopectate (bismuth subsalicylate), and Pepto-Bismol (bismuth subsalicylate).
- Do not take vitamin E, multivitamins, or iron tablets unless otherwise instructed.
- Avoid salads or high-fiber foods, including nuts, seeds, and popcorn.
- Avoid hard fruits and vegetables.

Day Before the Procedure:

- **Do not eat any solid food.**
- Drink clear liquids only for breakfast, lunch, and dinner, and drink at least 8 ounces of clear liquids every hour while awake.
- Acceptable liquids include:
 - Water (plain, carbonated, or flavored)



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- Fruit juices without pulp (e.g., apple or white grape juice)
- Fruit-flavored beverages, such as fruit punch or lemonade
- Carbonated drinks (including dark sodas like 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 (e.g., lemon drops, 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 4 PM the day before the procedure, start drinking 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 feel too full or nauseated, stop for 20-30 minutes before resuming. Refrigerate the remaining solution.
- One hour after completing the first half of the Miralax mixture, take the 4 Dulcolax tablets with a glass of water.
- At 10 PM, start drinking the second half (remaining 32 ounces) of the 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 feel too full or nauseated, stop for 20-30 minutes before resuming. Refrigerate the remaining solution.



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If Your Arrival Time Is After 12 Noon:

- At 5 PM the day before the procedure, start drinking 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 feel too full or nauseated, stop for 20-30 minutes before resuming. Refrigerate the remaining solution.
- One hour after completing the first half of the Miralax mixture, take the 4 Dulcolax tablets with a glass of water.
- At 6 AM on the morning of your procedure, start drinking the second half (remaining 32 ounces) of the 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 feel too full or nauseated, stop for 20-30 minutes before resuming. Refrigerate the remaining solution.

Finish Drinking 4 Hours Before Your Arrival Time

Important: You must take all of the prep solution as directed to clean your bowel adequately. Even if you are passing clear liquid, continue taking the entire dose of the prep.

Day of Procedure:

- No solid food or alcohol.
- Do not drink anything unless you are still completing the Miralax prep.
- No gum or breath mints.

Medications:

- **Do not eat or drink anything** except for your needed medications with a sip of water early in the morning.
- If you are taking medications for high blood pressure, seizures, thyroid, or prednisone, you may take them the morning of the procedure or at least 2 hours before the procedure with a small sip of water.
- If you are diabetic:
 - If you take a “sugar” pill, do not take it on the day of your procedure.



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- If you are taking regular insulin (R), do not take it on the day of your procedure.
- If you are taking any other insulin preparation, please contact your prescribing physician for instructions.
- If you are taking Coumadin (Warfarin), Plavix (clopidogrel), or other blood thinners, contact your prescribing physician for instructions on when to stop taking this medication.
- If you take aspirin daily, continue taking it as prescribed.
- Inform your doctor of any allergies.

During the Colonoscopy:

- An IV will be started to administer fluids, medications to put you to sleep, and other necessary medications.
- Once you are asleep, the doctor will perform a digital rectal exam using a gloved, lubricated finger.
- The colonoscope will pass through your rectum and colon to the cecum. A video camera on the colonoscope will display images of your colon on a monitor for the doctor to view.
- Your colon will be inflated with air or carbon dioxide (CO₂) to improve visibility.
- A biopsy may be performed if needed, using instruments passed through the colonoscope to obtain tissue samples for lab testing.

After the Procedure:

- Once the procedure is finished, you will recover from anesthesia in the recovery area. Your doctor will discuss the procedure results with you. It is common to forget some of the conversation due to anesthesia, so having a family member present is advisable.
- Do not drive, operate heavy machinery, or drink alcohol for 24 hours after your procedure. Rest at home.
- We recommend eating something light, such as scrambled eggs, toast, or a sandwich, since you haven't eaten for over 8 hours. Avoid fried or fatty foods and large meals initially. You may eat more once you've tried something light and tolerated it well. You may also have excess gas, so avoid foods that cause additional gas, like beans or carbonated beverages.

Call Your Doctor Immediately If You Experience:

- Severe or persistent abdominal pain that doesn't improve by passing gas



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- Rectal bleeding that turns the entire toilet bowl red
- Fever over 101.5°F or chills
- Vomiting blood or black, coffee ground-like material
- Severe dizziness, fainting, or chest pain

Common Side Effects:

- Nausea or vomiting
- Excessive gas, bloating, or cramping

Note: These symptoms should improve with each day. If they are more severe or last longer than expected, contact your doctor.

Medications After Discharge:

- You can resume your daily medications following the procedure. If you are taking any blood-thinning medications, discuss with your doctor when to resume them.

Commonly Prescribed Blood Thinners:

- Rivaroxaban (Xarelto)
- Dabigatran (Pradaxa)
- Apixaban (Eliquis)
- Heparin
- Warfarin (Coumadin)
- Clopidogrel (Plavix)
- Aspirin (acetylsalicylic acid)
- Enoxaparin (Lovenox)
- Ticagrelor (Brilinta)

Follow-Up:

- Contact your physician to schedule a follow-up appointment.



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