

A snapshot to a successful Colonoscopy:

“Split your prep time”. Taking half of the preparation the evening before and half 6 hours prior to your procedure is the standard of care. This is an effective way to clear your bowels. More importantly it will be less likely that you'll have to repeat the test because your colon was plugged up!

“Drink clear liquids, don't eat solid foods the day before your procedure.” Any particle that may be left behind could possibly cover up something that requires immediate medical attention.

When it comes to detecting and preventing colon cancer, no screening option is more effective than a colonoscopy.

“Stay Hydrated. Prep as directed. Be relaxed.”



**Gastroenterology
& Hepatology**

ASSOCIATES OF MID-MICHIGAN, PC

MIRALAX/DULCOLAX COLONOSCOPY PREPARATION - SPLIT DOSE

To reschedule, cancel, comments or concerns please call: 989.839.0750

___ Todd K Holtz, M.D.
___ Ernest Ofori-Darko, M.D.

___ Christina L. Murphy, D.O.
___ Karen F. Huang, D.O., FACOI

**The arrival date & time for your procedure at the location checked
below is: _____ at _____ am/pm**

___ **Great Lakes Bay Surgery & Endoscopy Center,**
4228 Bay City Road, Midland, MI 48642 - 989.495.9100

___ **Riecker Surgery Center** (located on the MidMichigan Medical Center
Midland campus), 4400 Wellness Drive, Midland, MI 48640 – 989.837.9493

**It is recommended that you read these instructions THE WEEK before your colonoscopy.
You will need to purchase the following items from any pharmacy:**

Six (6) Dulcolax laxative tablets or the equivalent generic product,
One (1) bottle of Miralax 238 grams or the equivalent generic product,
One (1) bottle of magnesium citrate or the equivalent generic product,
64 ounces of Gatorade, G2, Propel, Powerade or equivalent (not red, pink or purple)

*****2 DAYS BEFORE YOUR PROCEDURE*****

At 8:00 p.m. – take two (2) Dulcolax laxative tablets.
Drink one (1) 10 oz. bottle of magnesium citrate. Drink slowly to prevent nausea.

*****THE DAY BEFORE YOUR PROCEDURE*****

YOU MUST FOLLOW A CLEAR LIQUID DIET STARTING FROM THE TIME YOU WAKE UP

1. 3:00 p.m. take two (2) Dulcolax laxative tablets
2. 7:00 p.m. mix the entire 238 gram bottle of Miralax into 64 ounces of a sports drink of your choice, such as Gatorade, G2 or Powerade. Mix well.
3. Drink ½ of this 64 ounce liquid – in 8 ounce increments every 10 minutes. This will take about 1 ½ hours to complete.
4. Refrigerate the remainder of the pre-mixed prep for tomorrow.
5. Continue drinking clear fluids until bedtime.

(continue on back)

Be prepared, sometimes the prep starts working right away. Your results from your prep should be a clear to light yellow liquid.

*****THE DAY OF YOUR PROCEDURE – 6 HOURS BEFORE YOUR ARRIVAL TIME*****

For example: If your appointment is at 9:00 a.m.
You will need to start the last half of your Miralax mixture at 3:00 a.m.

1. Take two (2) Docolax laxative tablets.
2. Drink the remainder of the pre-mixed Miralax-8 ounces every 10 minutes until gone.
3. Drink 3 more 8 ounce glasses of a clear liquids.
4. You may continue drinking clear liquids up to 3 hours before your procedure.
5. Nothing by mouth 3 hours before your arrival time.

Prior to leaving for your procedure the results from your prep should be a clear to light yellow liquid. If they are not, call the facility that will be performing your procedure. Failure to follow these preparation instructions could result in the cancellation of your procedure.

11.14.18 Miralax/Ducolax – split dose