

COLONOSCOPY PREPARATION

2 Day Miralax-Gatorade and Colyte Split Prep

Colonoscopy Technique: A colonoscope is a fiber optic flexible scope that is inserted in the rectum after the patient is sedated. The scope is about the diameter of your finger and has a light source at the end so that the physician can see the lining of the entire large intestine, from the rectum to the cecum (where the appendix and small bowel attach to the large bowel). Factors affecting visibility of the entire lining include the presence of stool and the patient's anatomy (a fold, kink, or scar tissue that may make it more difficult for the physician to see the lining of the bowels).

Please purchase (2) 32 ounce containers of Gatorade or enough Crystal Light mix to make (2) 32 ounce portions, 8 bisacodyl (Dulcolax) laxative tablets (not stool softeners), and a 238 gram bottle of Miralax powder. Generics are fine. These are over the counter and DO NOT need a prescription. NO RED OR PURPLE LIQUIDS. A prescription for Colyte will be sent to your preferred pharmacy location. You may receive a generic medicine instead. It will come in a gallon container.

DO NOT FOLLOW THE DIRECTIONS ON THE LABEL OF THE COLYTE.

3 NIGHTS BEFORE YOUR COLONOSCOPY:

Mix 7 capfuls of the Miralax powder with each of the 32 ounce bottles of Gatorade (or Crystal Light) and refrigerate them.

2 DAYS BEFORE YOUR COLONOSCOPY:

1. Begin the clear liquid diet (see instruction sheet) when you wake up. NO FOOD MAY BE CONSUMED TODAY. Drink plenty of these fluids during the day to stay hydrated and to improve your results. You may continue to drink clear liquids even during the time you are drinking the prep. You must stop any liquids 4 hours before your procedure start time.
2. At 2 pm take 4 bisacodyl (Dulcolax) tablets.
3. At 5 pm begin drinking the first 32 ounces of the Miralax prep solution. Drink 8 ounces every 15 minutes until the 32 ounces has been consumed. It should be completed in 1 hour.
4. Add water to the marking on the Colyte container, shake to mix well and refrigerate it.

THE DAY BEFORE YOUR COLONOSCOPY:

1. Continue on clear liquid diet.
2. At 8 am, take the second mixed container of the Miralax prep solution. You should finish this within an hour.
3. At 5 pm begin drinking the Colyte prep solution. Drink 8 ounces every 15 minutes until half the gallon (64 ounces) is consumed. It should be completed in 2 hours. The second 64 ounces will be used later — see below.
4. At 8 pm, take 4 (bisacodyl) Dulcolax tablets.

THE MORNING OF YOUR PROCEDURE:

1. Start the second half of the Colyte prep solution beginning 6 hours before the start time of your procedure: _____. Finish the second half within 2 hours. These guidelines for the timing of when to take this second 64 ounces of prep are very important, even if you are scheduled early in the morning.
2. DO NOT drink any other liquids during the 4 hours before your procedure start time.