

Purchase from the Pharmacy:

- One (1) 510 gram bottle of polyethylene glycol (MiraLAX)
- One (1) box of Simethicone (Gas-X) Extra-Strength 125mg oral soft gel capsules
- One (1) box of bisacodyl (Dulcolax) 5mg oral tablets (the laxative, **NOT** the stool softener)

Bowel Preparation Instructions

REMINDER: The day prior to your colonoscopy, your diet should consist of **CLEAR LIQUIDS ONLY.**

The day before your procedure, at 3:00PM:

- Mix the entire 510 gram container of polyethylene glycol (MiraLAX) in a large pitcher with one (1) gallon (128 ounces) of water, regular or sugar-free Gatorade. Stir prep solution thoroughly for 2-3 minutes.
- Take two (2) extra strength Simethicone (Gas-X) oral soft gel capsules (250mg total).
- Consume half of the polyethylene glycol (MiraLAX) prep solution (64 ounces) by drinking one (1) 8 ounce glass of prep mixture every 20-30 minutes until complete.

If you should become nauseated or feel too full, slow down, and consume the prep at a slower pace.

- Thirty (30) minutes after consuming the polyethylene glycol (MiraLAX) prep solution, take two (2) bisacodyl (Dulcolax) oral tablets (10mg total).
- It is recommended to stay hydrated following the first half of the bowel preparation by consuming an additional 16 ounces of water or clear liquids.

Split MiraLAX Colonoscopy Prep

The morning of your procedure, five (5) hours before your procedure time:

- Take two (2) extra strength Simethicone (Gas-X) oral soft gel capsules (250mg total).
- Consume the second half of the MiraLAX prep solution (64 ounces) by drinking one (1) 8 ounce glass of prep mixture every 20-30 minutes until complete.

If you should become nauseated or feel too full, slow down, and consume the prep at a slower pace.

- Thirty (30) minutes after consuming the polyethylene glycol (MiraLAX) prep solution, take two (2) bisacodyl (Dulcolax) oral tablets (10mg total).

DO NOT CONSUME ANYTHING BY MOUTH, INCLUDING WATER, WITHIN THREE (3) HOURS OF YOUR SCHEDULED PROCEDURE TIME.

Contact the on-call Gastroenterologist at 941-262-0400 if any problems arise during the bowel preparation process.

Tips for Successful Bowel Preparation

- If you experience nausea, bloating or cramping, pause or slow the rate of drinking additional water until symptoms resolve.
- It is OK to take ginger chews or ginger supplement capsules for nausea.
- To reduce irritation, apply a small amount of Calmoseptine anorectal ointment or Vaseline around the anus prior to completing the colonoscopy prep and following each bowel movement.

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