



## MIRALAX SPLIT BOWEL PREP

### What you will need to purchase at the pharmacy:

- 4 Dulcolax Laxative Tablets
- A 238-gram bottle of MiraLAX
- A 64 ounce of Gatorade (Any color except Red, Purple, or Orange)

### IF YOUR PROCEDURE IS BEFORE 12 NOON:

- 1) Do not take aspirin products or ibuprofen, Motrin, Aleve, or any anti-inflammatory drugs for at least 5 days prior to your procedure.
- 2) If you are taking iron supplements, please stop 7 days prior to your procedure.
- 3) If you are taking blood thinners such as coumadin, warfarin, or Plavix call your doctor's office to discuss this with the person that scheduled your procedure.
- 4) Nothing to drink or eat after midnight the day before your procedure.
- 5) 3:00 PM: Take 2 Dulcolax Laxative tablets
- 6) 5:00 PM Mix the 238-gram bottle or MiraLAX in 64 ounces of Gatorade, Shake the solution until the MiraLAX is dissolved. Then drink an 8-ounce glass every 10-16 minutes until the solution is entirely gone.
- 7) 8:00 P.M: Take the last 2 Dulcolax tablets.
- 8) Continue drinking clear liquids until bedtime.

### IF YOUR PROCEDURE IS AFTER 12 NOON:

- 1) Do not take aspirin products or ibuprofen, Motrin, Aleve, or any anti-inflammatory drugs for at least 5 days prior to your procedure.
- 2) If you are taking iron supplements, please stop 7 days prior to your procedure.
- 3) If you are taking blood thinners such as coumadin, warfarin, or Plavix call your doctor's office to discuss this with the person that scheduled your procedure.
- 4) 6:00 PM: THE DAY BEFORE YOUR PROCEDURE Take 4 Dulcolax Laxative tablets
- 5) 8:00 PM: Mix the 238-gram bottle or MiraLAX in 64 ounces of Gatorade, Shake the solution until the MiraLAX is dissolved. Then drink 32 ounces of the solution.
- 6) THE DAY OF THE PROCEDURE AT 5:00 AM Drink the other 32 ounces of the solution, make sure you are done 4 hours prior to the procedure.

### **Wellstar Colon and Rectal Surgery**

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