



Dr. Arun Khazanchi

Amanda Lee, ARNP

11505 Palmbrush Trail Ste 200

Lakewood Ranch, FL 34202

Phone: 941-334-9040

Fax: 941-334-9030

MIRALAX SPLIT PREP

Location: _____

PLEASE OBTAIN OVER THE COUNTER

- * Four 5MG Dulcolax Tablets (bisacodyl)
- *238 grams of MiraLAX (8.3 oz)
- *64 oz of Gatorade (no red or purple dye)

1.If you take a blood thinner such as Plavix, Coumadin (Warfarin), Pradaxa, Xarelto, Eliquis, Effient, or Aspirin (325mg or higher) please discuss with your prescribing physician regarding stopping the medication for your procedure. **Do not discontinue this medication on your own without discussing it with your doctor.**

2. Please continue Aspirin 81mg, you do not need to discontinue this low dosage.

3. DO NOT drink any alcoholic beverages 2 days prior as alcohol thins your blood.

3 DAYS PRIOR TO PROCEDURE:

DO NOT take iron, multiple vitamins, fiber supplements prior to your procedure.

Avoid high fiber foods- such as popcorn, beans, seeds, multigrain breads, nuts, salad/vegetables, fresh and dried fruit.

DAY BEFORE COLONOSCOPY:

1. Before 9AM, you may have a light breakfast. This can include cereal, bread, and milk products, but cannot include fresh fruits, vegetables, salad or meats.
2. After 9AM, only clear liquids (**NO RED OR PURPLE DYE**) Clear liquids include:

Water

Bouillon (Beef or Chicken)

7-Up, ginger ale, seltzer

Clear juices (apple, white grape)

Tea (regular, decaf, herbal)

Black Coffee

Italian ice/Popsicles

Jell-o

Gatorade

3. At 5PM, take the 4 Dulcolax tablets with a glass of water. **At this time, in a larger container mix your entire bottle of MiraLAX and Gatorade together at room temperature till fully dissolved, then place mixture in the fridge to get cold.
4. At 7PM, you will start drinking. You will drink an 8-ounce glass of solution every 15-20 minutes until half the solution is gone (32-ounces). You may continue to drink clear liquids.
5. If you are a diabetic and use insulin, take ½ of your dose the day before while you are on the clear liquid diet. If you take the pills, continue as normal until the day of your colonoscopy. On the day of the colonoscopy DO NOT take your insulin or pills, but you can bring them with you to the appointment.

DAY OF THE COLONOSCOPY:

1. Wake up 6 HOURS prior to your procedure (ex: procedure 8AM, wake up 2AM) and drink second ½ of the MiraLAX solution (32-ounces) followed by water.
2. You should be entirely completed with the second half of the preparation 4 hours before your procedure. Clear liquids can be consumed only up to 4 hours prior to your procedure.

3. IF YOU TAKE PILLS FOR YOUR HEART, SEIZURE MEDICATIONS OR PARKINSON'S MEDICATION, TAKE THEM AS USUAL BEFORE YOUR PROCEDURE.

****NOTHING IS TO BE TAKEN BY MOUTH DURING THE 4 HOURS PRIOR TO YOUR ARRIVAL TIME OTHERWISE YOUR PROCEDURE WILL BE CANCELLED****

AFTER THE PROCEDURE:

****AT DISCHARGE YOU WILL NOT BE ALLOWED TO LEAVE THE FACILITY WITHOUR A RESPONSIBLE ADULT TO DRIVE YOU HOME****

- Dr. Khazanchi will speak with you about the initial results in recovery following the procedure and recommend the appropriate follow-up needed.
- You will need to make a follow-up visit to get the results of your procedure. Results not given over the phone unless advised otherwise.
- After the procedure you must not drive, work, make legal decisions, or do anything that could result in injury.

Follow up appointment Date/Time: _____