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## COLONOSCOPY PREPARATION INSTRUCTIONS 1B SPLIT MIRALAX / DULCOLAX PREP

It is very important for you to **read and follow these instructions**. Failure to do so may result in cancellation of your procedure. Please keep them in a place where you can find them to **review again**, ALONG WITH THE GENERAL COLONOSCOPY INSTRUCTIONS, **one week prior to your test date**.

**HELPFUL TIP:** Avoid high fiber foods (nuts, seeds, whole grains, raw fruit and vegetables, beans, corn, chicken skin) three (3) to five (5) days prior to your procedure.

**TEST DATE:** \_\_\_\_\_

**ARRIVAL TIME:** \_\_\_\_\_

(In any pharmacy, or grocery store in laxative aisle.)

1. One 238 gram bottle of Miralax (8.3 oz.)
2. Two Dulcolax Tablets (Laxative, NOT Stool Softener)
3. 64 oz. of any clear liquid (clear juice, fruit drinks, Gatorade, clear soda) (nothing red in color)

### HOW TO TAKE THE PREP:

1. **ON THE DAY BEFORE THE TEST** \_\_\_\_\_ **Have a low residue breakfast (such as, eggs and white toast.)**
2. **Beginning at 12 noon, follow clear liquid diet (see sample liquid diet)**
3. **5 PM Take 2 Dulcolax (Bisacodyl) tablets, swallow whole with a full 8oz glass of water**
4. **6 PM dissolve the entire bottle of Miralax in 64 oz. of any clear liquid except for water. Drink 8 oz. of the solution every 15-30 minutes until the solution is HALF finished. Refrigerate the remainder of the solution**
5. **5 AM day of your procedure**  
**Drink 6-8 ounces of the remaining MIRALAX solution every 15-20 minutes until completely consumed. Your preparation must be completed no later than 4 hours prior to your arrival time.**
6. **You may continue your Clear liquid Diet during the evening/night and up to 4 hour prior to your arrival time**

## Clear Liquid Diet for Colonoscopy Prep Day

**HELPFUL TIP: Avoid high fiber foods (nuts, seeds, whole grains, raw fruit and vegetables, beans, corn, chicken skin) three (3) to five (5) days prior to your procedure.**

**No Red Colored liquids, ice or Jell-O, they may look like blood during the procedure. You MAY NOT have milk or creamer, or any alcoholic beverages on a clear liquid diet**

### Allowable Choices

- Black coffee (no milk or Creamer)
- Tea hot or cold (no milk or creamer)
- Sports Drinks (Gatorade, PowerAde, Pedialyte)
- Clear Soda (sprite, 7up, seltzer, ginger ale)
- Lemonade
- Broth or bouillon (chicken, beef, vegetable)
- Flavored Jell-O (no red)
- Lemon Ice or Italian Ice (no red)
- Clear Juices any flavor (apple, white cranberry or grape etc.)
- Crystal Light

**STOP all clear liquids 4 hours before your scheduled arrival time**