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VGA  
center for  
Obesity Medicine

# Miralax (Glycolax) Split Prep

This product is a laxative medication combined with a liquid diet for use as a bowel preparation for a colonoscopy. It works very quickly so you need to have bathroom facilities available. FOLLOW ALL THE STEPS COMPLETELY or your doctor may not be able to complete the exam.

- Purchase one bottle of Glycolax 255gm and 4 bisacodyl laxative pills at the pharmacy or drug store. These products do not need a prescription.
- 5 Days before the exam DO NOT have any nuts, seeds, popcorn, corn or skins of raw fruit or vegetables. Also stop iron supplements 5 days prior. (Multivitamin with iron may be continued).

## The Day Before the Exam

The day before the exam you may have **clear liquids only**.

**DO NOT HAVE ANY SOLID FOOD, CREAM OR MILK PRODUCTS THE REST OF THE DAY.**

### What's considered a "clear liquid"?

A clear liquid is any beverage you can see through. Please avoid red- or purple-colored liquids. Sugar, sweetener and lemon are allowed. No cream, milk or pulpy juices (orange juice) are permitted. To help prevent dehydration, it is important to drink plenty of clear liquids before, during, and after the colon-prep process. We recommend that you have at least 20 oz of Gatorade during the preparation period.

#### Clear Liquid Examples

Fruit Juices	Popsicle	Powerade	Water	Pedialyte	Kool-aid®	Tea, iced tea
7-Up, Sprite	Bouillon	Gatorade	Coffee	Jell-O (no fruit)	Broth (beef, chicken)	Lemonade
Soda pop						

**You are not permitted to have alcoholic beverages 24 hours before or after the procedure.**

**Stop drinking all liquids (including prep) at least 4 hours before your colonoscopy.**

## The Evening Before the Exam

### Step 1: At 5 PM mix solution

Mix 2 quarts of Crystal Light drink mix or any brand of drink mix with an artificial sweetener (do not mix with real sugar). Add 1 bottle of Miralax (Glycolax) 255 grams and dissolve completely. Refrigerate.

### Step 2: At 6 PM drink ½ the solution.

Drink one (8 oz.) glass every 10-15 minutes for a total of 4 glasses. Drink each glass quickly. A watery bowel movement should begin in about 1 hour. Continue to drink as much clear liquids as possible.

### Step 3: At 9 PM take Dulcolax.

Take four (4) bisacodyl or Dulcolax laxative tablets with water. Do NOT chew or crush the tablets. You SHOULD continue to drink clear liquids for the remainder of the evening.

## Day of the Exam

**Step 4: At \_\_\_\_\_ AM PM**

Drink one (8 oz) glass every 10-15 minutes (about 4 glasses) UNTIL ALL THE SOLUTION IS GONE. Drink each glass quickly. After the final glass you are to begin fasting; nothing by mouth, not even water until after the exam.



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### Day of Exam

**Fasting Time** \_\_\_\_\_ **AM PM**

**Arrival Time** \_\_\_\_\_ **AM PM**

**Procedure Time** \_\_\_\_\_ **AM PM**

Of course, you must follow a special diet to prepare for a GI procedure but, in addition to that, we ask you to completely fast four hours prior to procedure. Fasting means that you are to have nothing to eat or drink — no gum, candy, mints, chewing tobacco not even water. This is necessary due to the sedation or anesthesia that will be used during your test. While you are sedated, or sleeping, fluid from your stomach may be aspirated or move into your lungs. This can be very dangerous causing pneumonia, infection, and in rare instances, can be fatal. Fasting properly will lessen this risk and help prevent complications.

**The morning of the procedure, take your heart, breathing, seizure and blood pressure medications with a few sips of water.**