

ANY QUESTIONS OR CONCERNS PLEASE CALL: (248) 516-3778.  
CLEARANCE FORM MUST BE FAXED TO: (248) 426-7350  
Office hours: Monday- Thursday 8am-5pm, Friday 8am-4pm.  
Please be aware that holidays may affect these times.  
After hours, call the main line at (248) 579-9220.

## **BOWEL PREP: GATORADE MIRALAX SPLIT DOSING PREP 2 DAY**

- PLEASE READ THE PREP INSTRUCTIONS, FAILURE TO FOLLOW THESE INSTRUCTIONS MAY RESULT IN REPEAT PREP AND EXAMINATION.
- If you have a history of renal/kidney disease or failure please contact your scheduler at the office to discuss different prep options.

All prep items are over the counter, **NO PRESCRIPTION IS NEEDED.**

### **THINGS TO PICK UP:**

- (2) 8.3oz bottles of MiraLAX or (4) 4.1oz bottles of MiraLAX.
- 6 Dulcolax laxative tablets oral, (do not get the stool softeners).
- 4 Gas-X tablets.
- (2) 64oz bottles of a sports drink, (no reds or purples) Examples; Gatorade, Powerade, or Propel).

### **TWO DAYS BEFORE:**

Clear liquid diet for breakfast, lunch, and dinner. No solid foods, milk, or milk products. Please refer to the Clear Liquid Diet cheat sheet, no alcoholic beverages.

- 3pm Take 2 Dulcolax tablets.
- 5pm Take 64oz of sports drink and mix with 8.3oz of MiraLAX, sip on an 8oz glass every 10-15min until gone.
- 8pm Take 2 Dulcolax tablets.

You may continue to have clear liquids throughout the remainder of the evening.

### **ONE DAY BEFORE:**

- 3pm Take 2 Dulcolax tablets.
- 5pm Take 32oz of sports drink mixed with 4.1oz of MiraLAX, sip on 8oz glass every 10-15min at a time until gone.
- 8pm Take 2 Dulcolax tablets.

No additional clear liquids after midnight.

### **DAY OF PROCEDURE:**

**PLEASE WRITE YOUR ARRIVAL TIME: \_\_\_\_\_**

- 4 Hours prior to your arrival time take 2 Gas-X tablets (optional).
- 4 Hours prior to your arrival time take 32oz of sports drink mixed with 4.1oz of MiraLAX, sip on an 8oz glass every 10-15min until gone.
- Take 2 additional Gas-X tablets once you've finished your drink (optional).