

ANY QUESTIONS OR CONCERNS PLEASE CALL: (248) 516-3778.

CLEARANCE FORM MUST BE FAXED TO: (248) 426-7350

Office hours: Monday-Thursday 8:00am - 5:00 pm, Friday 8am-4pm.

Please be aware holidays may affect these times.

After hours, please call the main office (248)579-9220.

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

- 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 other prep options.

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

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

- (1) 8.3oz bottle of MiraLAX OR (2) 4.1oz bottles of MiraLAX.
- 4 Dulcolax laxative tablets oral, (do not get the stool softeners).
- 4 Gas-X tablets (optional, recommended but not mandatory).
- 64oz of a sports drink (no reds or purples). Examples: Gatorade, Powerade, or Propel).

Clear liquid diet for breakfast, lunch, and dinner. No solid food, milk, or milk products allowed. Please refer to the clear liquid diet cheat sheet attached; No alcoholic beverages allowed.

### **ONE DAY BEFORE:**

- 3PM 2 Dulcolax laxative tablets.
- 5PM 32oz of sports drink mixed with 4.1oz of MiraLAX. Sip on a single 8oz glass at a time until gone.
- 8PM 2 Dulcolax laxative tablets.

### **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, 32oz of sports drink mixed with 4.1oz of MiraLAX.
- 2 Gas X after you've finished your MiraLAX drink (optional).