



# *Digestive Health Specialists*

OF THE SOUTHEAST

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## INSTRUCTIONS FOR OUTPATIENT PROCEDURES/COLONOSCOPY

### MIRALAX SPLIT

1. **FIVE DAYS PRIOR TO PROCEDURE: (Restricted Residue Diet) DO NOT EAT** nuts, seeds, popcorn, or corn. Discontinue fiber supplements such as Metamucil, Citrucel, Fiberall, etc.
2. **ONE DAY PRIOR TO PROCEDURE:** You may only eat or drink clear liquids the entire day prior to your test. You may have Jell-O, popsicles, clear juices that have no pulp, black coffee, tea, colas, etc. **NOTHING RED, PURPLE, OR BLUE AND NO DAIRY PRODUCTS!!!**
3. At noon the day before your procedure, take two bisacodyl (Dulcolax) tablets (over the counter).
4. At 6:00 p.m. mix the 238 gram bottle of Miralax (over the counter) in the 64 oz of water. For flavor, you may add Crystal Light product (not red, blue, or purple). Shake the solution until the Miralax is dissolved.
5. Drink an 8 oz glass every 10-15 minutes until half of the solution is gone.
6. Continue drinking clear liquids until bedtime.
7. Beginning at \_\_\_\_\_ (5 hours before the arrival time of your procedure), begin drinking the remainder of the solution until it is all consumed.
8. This solution should give you diarrhea so that your colon is clean for a good examination at the time of your test. If you do not drink all of the solution, your examination will be inadequate and may need to be rescheduled.
9. On the day of your procedure do not eat or drink anything two hours prior to your arrival time. It is okay to take your required medication with only a small amount of water.