

**Patient Name:** Test Test  
**Address:** 111  
KY  
**DOB (age):** 11/22/2011 (12)  
**Provider:** Conversion PhysicianUnknown

**Appointment Information:**

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You have been prescribed MIRALAX and SORBITOL for your Colonoscopy bowel prep.

Please read these instructions thoroughly and contact our office by phone or gPortal if you have any questions.

PLEASE NOTE: A prescription of Miralax 238 grams and Sorbitol 100mL will be sent to your pharmacy on file two (2) weeks prior to your scheduled appointment. Please verify with our office your correct pharmacy is listed.

VERY IMPORTANT! For this prep, you will need to purchase:

- 64oz of Gatorade, NO RED OR PURPLE

**1. TWO WEEKS PRIOR TO YOUR PROCEDURE:**

- Hold all over the counter WEIGHT LOSS supplements (i.e. phentermine)

**2. ONE WEEK PRIOR TO YOUR PROCEDURE**

- Stop taking any medication containing iron and/or iron supplements
- Stop taking Fish Oil, Vitamin E, and/or any other oily vitamin
- Stop taking any Advil or NSAIDS (Aleve, Motrin, Advil, Naproxen, Mobic, etc.)  
(You may continue to take daily aspirin if needed for a medical condition)
- Avoid alcohol consumption
- Avoid food items such as popcorn, seeds, and nuts  
(Try to maintain a low fibrous diet)

**3. THE DAY BEFORE YOUR PROCEDURE**

- CLEAR LIQUID DIET ONLY
- Drink ONLY the clear liquids on the approved list below
- It is VERY IMPORTANT to drink plenty approved clear liquids during the entire bowel prep process to ensure a successful exam. A clean colon is an absolute necessity. Any residual stool can make recognition and/or removal of abnormal tissue difficult, if not impossible.
- NO RED or PURPLE food or drinks – Avoid cherry, strawberry, fruit punch, etc.
- If you have CONSTIPATION: Take 10mg (two 5mg tablets) of Over-the-Counter Dulcolax Laxative at 3:00pm.

**4. Miralax: DOSE 1**

**AT 1:00pm THE DAY BEFORE YOUR PROCEDURE**

- Mix the entire bottle of Miralax with your 64oz of Gatorade (or other clear liquid of choice from approved list.)
- Mix to dissolve
- Begin drinking HALF of the Gatorade/Miralax solution by consuming 8 ounces every 15 minutes, until you have ingested half of the mixture.
- Store the second half in the refrigerator

**5. Miralax: DOSE 2**

**AT 5:00pm THE EVENING BEFORE YOUR PROCEDURE**

- Drink the second half of the Gatorade/Miralax solution by consuming 8 ounces every 15 minutes until you have finished all of the mixture.
- Continue to drink clear liquids until bedtime.
- Your bowels should be a watery consistency that is clear or light-yellow

**6. Sorbitol: DOSE 1**

**FIVE (5) HOURS BEFORE YOUR SCHEDULED PROCEDURE TIME (See time above):**

- Mix 1/2 bottle (50ml) of Sorbitol in 8 ounces of clear liquid of your choice and drink the entire 8 ounces.
- Sorbitol is very sweet. We recommend mixing with an unsweetened clear liquid, such as coffee or tea without sugar or cream.
- Sorbitol works very quickly, so please make sure you are close to a restroom.

- After you have finished drinking the Sorbitol mixture, immediately begin drinking 12-16oz of additional clear liquids.

#### 7. Sorbitol: DOSE 2

APPROXIMATELY ONE (1) HOUR AFTER YOUR FIRST SORBITOL DOSE:

- Repeat step 6 above with the second half (50ml) of Sorbitol.
- Continue to drink clear liquids until your bowels are a yellow to clear, watery consistency.

STOP DRINKING ALL LIQUIDS THREE (3) HOURS BEFORE YOUR SCHEDULED PROCEDURE TIME!

#### SPECIAL INSTRUCTIONS:

- None

\*\*\* YOU MUST HAVE A RESPONSIBLE PARTY (18 YEARS OF AGE OR OLDER) WITH YOU TO DRIVE YOU HOME. THEY MUST REMAIN AT THE FACILITY FOR THE ENTIRE DURATION OF YOUR PROCEDURE(S). YOU WILL NOT BE ABLE TO DRIVE FOR THE REMAINDER OF THE DAY AFTER YOUR PROCEDURE(S). YOUR PROCEDURE(S) MAY BE DELAYED OR CANCELLED IF YOU DO NOT HAVE TRANSPORTATION.

\*\*\* IF YOU PLAN TO USE A CAB SERVICE FOR TRANSPORTATION, IT MUST BE A MEDICAL CAB. YOU CANNOT USE UBER, LYFT, YELLOW TAXI, TARC BUSES, ETC

\*\*\* IF YOU HAVE PARTIAL TEETH OR DENTURES, YOU WILL BE REQUIRED TO REMOVE THEM PRIOR TO YOUR PROCEDURE(S).

\*\*\* NO SMOKING FOR THE ENTIRE DAY OF YOUR PROCEDURE(S).

#### LIQUIDS OKAY TO DRINK:

- Coffee (NO milk, liquid or powdered creamer)
- Tea
- Apple Juice
- Clear soda (Ginger Ale, Sprite, 7 Up, Sierra Mist)
- Fat Free Broth or Bouillon
- Water
- Kool-Aid (NO red or purple)
- Gatorade
- Jell-O (NO red, purple, pieces of fruit or vegetables)
- Popsicles (NO red or purple)
- Hard candy (NO red or purple)
- Lemonade or Limeade
- Strained fruit juices (NO PULP)