

Bowel Preparation Instructions: Procedures After 1 p.m. Miralax / Dulcolax

It is very important to follow all the instructions to prepare for your colonoscopy. Your body must be clean, so the doctor can see during the colonoscopy. Many patients feel that the bowel preparation is the hardest part of the colonoscopy.

Preparing for the test

Do not eat any solid foods the **entire day** before your colonoscopy. You will be using a **Miralax and Dulcolax** bowel preparation to clean out your body.

If you have a history of congestive heart failure, cardiomyopathy, or renal failure, you should **not** take a **Miralax** bowel preparation and call the doctor that prescribed the colonoscopy.

Please follow all instructions. If you do **not** follow the directions properly then your test maybe **cancelled**. To get ready, you will need to buy items for the bowel preparation.

Medications to buy:

- Four Bisacodyl/Dulcolax tablets (5mg).
Make sure these can be taken by mouth/orally.
- Miralax (8.3 ounces/238 grams)

(No prescription is necessary)

From your grocery or convenience store:

- Gatorade (64 ounces) in any flavor **except red or purple**.
- You can buy **two** 32-ounce bottles of Gatorade.

You will receive a phone call from a nurse and/or from registration 5 to 7 days before your test. They will ask questions to help get you ready for your test, to talk about your health; and to help you understand which medications you can or cannot take before the test. If you have **ANY** questions regarding these instructions, please call us at **(320) 229-4974**, Monday through Friday between 8:00 a.m. and 4:30 p.m. You may also call us toll free at 1-844-795-1734. If you need to reschedule your appointment, please call **(320) 229-4933**.

Five (5) days before your colonoscopy

- **Avoid** taking medications that will stop diarrhea – Examples: Imodium or Pepto-Bismol.
- **Avoid** taking fiber medications or supplements – Examples: Metamucil or Citrucel.
- **Avoid** taking iron supplements or products that contain iron – Example: Multi-vitamins.
- **Avoid** taking vitamin E supplements or medications.

Three (3) days before your colonoscopy

- **Begin a low fiber diet – Avoid** eating high fiber foods – Examples: Popcorn, seeds (flax seeds, sunflower, and quinoa), multigrain breads or pasta, nuts, granola, salads, raw vegetables, or fresh and dried fruits. Limit the amount of meats.

Two (2) days before your colonoscopy

- Increase your water intake (eight glasses of water is recommended)

One (1) day before your colonoscopy

- Only drink clear liquids the **entire day** before your colonoscopy. Do **not** eat **any solid foods**.
- **At 9 a.m.**, take four tablets of Bisacodyl/Dulcolax. Mix all the Miralax (**entire bottle**) with all 64 ounces of Gatorade until it is all dissolved. You can put the mixture in the fridge if you would like. Do not add ice.
- If you would prefer to drink the prep at room temperature, you make take it out of the fridge at **4 p.m.**
- **At 6 p.m.**, start drinking your prep mixture of Gatorade and Miralax. You will drink **half** (32 ounces) of the prep mixture. Try to drink an **eight-ounce glass** of the prep mixture every **15 minutes**.
- You will want to be near a bathroom once you start drinking your prep mixture. You will have diarrhea and will need to be able to reach a bathroom quickly. Some people may feel nauseous, bloated, or vomit. If this happens, take a 15-30-minute break and then try drinking the prep mixture.
- After you finish the prep mixture, you may drink **clear liquids only**.

The day of the colonoscopy

- **At 8 a.m.**, start drinking the other half of your prep mixture (32 ounces).
- Drink an **eight-ounce glass every 15 minutes** until you have finished all of it. You must finish drinking **all** your prep mixture. You will need to finish drinking your prep mixture at **9 a.m.**
- You may drink **water** until **four hours before** your scheduled arrival time.
- You may take your medications in the morning with a sip of water only.
- Remember **do not eat any solid foods**.