

Colonoscopy Prep Instructions (*MiraLax prep*)

5 DAYS BEFORE THE PROCEDURE:

Stop Ibuprofen, iron, fish oil, any multivitamins with iron, Celebrex 5 days before your test. *Tell the GI lab nurse at the hospital if you take any blood thinners or antiplatelet agents – such as aspirin, Coumadin, Warfarin, Plavix, Eliquis, Pradaxa, or Xarelto.*

3 DAYS BEFORE THE PROCEDURE:

Stop eating any raw vegetables or vegetables containing seeds, corn, popcorn, and nuts. Stop any fiber supplements you are taking until after the procedure.

2 DAYS BEFORE THE PROCEDURE:

STOP SOLID FOODS. YOU MUST BE ON A CLEAR LIQUID DIET FOR 2 DAYS PRIOR TO THE PROCEDURE. NO SOLID FOODS ALLOWED.

A clear liquid diet is necessary for a colonoscopy. A complete cleansing of the entire bowel is essential for effective results, so that there will be no need for retesting. You will be on a clear liquid diet the entire 2 days, unless instructed otherwise by your provider. The clear liquid diet consists of ANY liquid that does not contain solid matter, such as pulp (orange juice with pulp) or pieces of food (shakes). **Nothing at all red or purple. No Dairy.**

Your diet options for the two days prior to the procedure are:



Coffee/Tea
(No cream)



Clear Juice
(No pulp)



Lemonade
(No pulp)



carbonated Beverages



Sports Drinks



Water



Popsicles



jello
(No fruit)



broth

Over the Counter Medications needed for this Prep:

4 – Dulcolax tablets (or generic Bisacodyl)

1 - Bottle of MiraLAX, 238g or ClearLAX, 238g (or generic Polyethylene Glycol 3350)

If above prep does not clear bowels, add 1 bottle of Magnesium Citrate or

If history of constipation 1 – Bottle of Magnesium Citrate to drink on 1st day of clear liquids

Other supplies needed for this Prep:

2 – Packets of Gatorade powder mix or 64oz (1/2 gallon) of pre-mixed Gatorade or other clear liquid. _

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It is Very important to keep hydrated. Drink plenty of liquids while doing the prep.

- 1. TIME:**
2 days before your procedure.
Begin your clear liquid diet. If you have a history of constipation drink a full bottle of Magnesium Citrate to help ensure you will have an adequate prep for your procedure.
- 2. TIME:**
8:00AM the day before the procedure.
Mix two packets of Gatorade powder with 64 oz. (1/2 gallon) of water and chill in the refrigerator. *If you dislike Gatorade you can use 64oz. of any clear liquid or water instead.*
- 3. TIME:**
Between 3:00PM to 4:00PM the day before your procedure.
Take two (2) Dulcolax *or the generic* Bisacodyl tablets with at least 8 oz. of water.
- 4. TIME:**
Between 4:00PM to 5:00PM the day before your procedure.
Mix the ENTIRE bottle of MiraLax, Clear-lax, *or the generic* Polyethylene Glycol 3350 (238g) with the 64 oz. of chilled Gatorade (or water).
- 5. TIME:**
Between 4:00PM-5:00PM the day before your procedure.
Begin drinking, and drink the entire 64 oz. mixture within a 3 hour period, or 8 oz. every 30 minutes. **Complete by 8PM.** After drinking all of the MiraLax & Gatorade mixture take two (2) Dulcolax or the generic Bisacodyl tablets.

If you become nauseated or begin vomiting while drinking the solution, slow down and when the nausea subsides begin drinking the solution again. Lying on your right side can help empty the stomach.

If bowel prep does not clear colon of stool please drink 1 bottle of Magnesium Citrate. Bowel movements should be liquid and may be yellow in color, but you should be able to see the bottom of the toilet bowl.

- 6. THE DAY OF THE PROCEDURE**
Nothing by Mouth after midnight. If you currently take blood pressure medication, take your medication with just enough water to swallow the pills. If you normally take your medicine at night, do not take it this morning, take it at your regular time.
YOU WILL BE MEDICATED FOR THIS PROCEDURE, IT IS NECESSARY TO HAVE SOMEONE WITH YOU TO DRIVE YOU HOME. YOUR DOCTOR WILL SPEAK WITH YOU AFTER THE PROCEDURE; YOU MAY WANT TO HAVE YOUR DRIVER WITH YOU AT THAT TIME, AS YOU MAY NOT RECALL THE DISCUSSION DUE TO SEDATION.

****If you have any questions or concerns about the preparation, please contact the Pre-Op nurse at: 573-727-9080, ext 196.***