

COLONOSCOPY EXTENDED DOUBLE PREP INSTRUCTIONS – 192 OZ (WITH MIRALAX)

****A good, effective bowel prep is extremely important and essential for a successful procedure. Please read instructions carefully.**

1 Week Prior	3 Days Prior	2 Days Prior	1 Day Prior
<p><u>PURCHASE THE FOLLOWING:</u> (Grocery store or pharmacy)</p> <ul style="list-style-type: none"> ◆ MiraLAX OTC (or generic): two 238-gram bottles and two 119-gram bottles ◆ Dulcolax (or generic): 1 box 5mg tabs ◆ At least 192 oz of an electrolyte drink of your choice – NO red or purple. (See FAQs for examples) ◆ Pedialyte, Powerade, coconut water (no pulp), Propel or Vitamin Water, Gatorade/G2, homemade electrolyte drink (24 c./192 oz water, 1.5 t. sea salt, 12 T. strained lemon juice, 6-12 T. honey) ◆ Additional clear liquids of choice: apple juice and white grape juice (no pulp), broth or bouillon, clear sodas (Sprite, 7Up, cola), tea or coffee (no cream or milk), popsicles and jello (no red or purple). ◆ Pitcher or large container (≥2 quart) ◆ Wet wipes, A&D ointment for comfort (optional). <p>Make arrangements for a responsible adult accompany you to the appointment and drive you home.</p> <p><u>*You will not be permitted to drive home by yourself or leave unaccompanied in a taxi, hotel shuttle or Uber.</u></p> <p>Refer to any specific instructions given regarding medications.</p>	<p><u>BEGIN LOW-FIBER DIET</u></p> <p>Avoid seeds, nuts, raw fruits/veggies, cheese, and whole grains. You CAN eat:</p> <ul style="list-style-type: none"> ◆ White bread, plain bagels, white rice or pasta ◆ Peeled, cooked vegetables (no corn) ◆ Tender, lean meats: chicken, turkey, fish ◆ Eggs, tofu ◆ Clear broth soups ◆ Bananas, melon, applesauce, canned peaches or pears (no skins) <p><u>Please note:</u> <u>Should you need to cancel or reschedule your procedure, please give 24 hours notice to avoid a cancellation fee.</u></p>	<p><u>CLEAR LIQUID DIET ONLY - NO SOLID FOOD</u></p> <p>NO RED OR PURPLE, NO DAIRY, NO ALCOHOL</p> <p>Allowed: apple juice and white grape juice (no pulp), clear broth or bouillon, clear sodas (Sprite, 7Up, cola), tea or coffee (no cream or milk), popsicles and jello. Drink plenty of water.</p> <p><u>Prepare the first round of prep solution</u></p> <ul style="list-style-type: none"> ◆ Mix 1 full 8.3 oz bottle (238g) of MiraLAX into 60 oz of electrolyte drink of your choice. ◆ Mix well until dissolved. ◆ Chill the mixture in the fridge for a better taste. <p><u>Between 4:00 PM - 6:00 PM</u></p> <ul style="list-style-type: none"> ◆ 4:00 PM: Take 2 Dulcolax tablets with a full glass of water. ◆ 6:00 PM: Begin drinking 8-12 oz of the electrolyte/MiraLAX mixture every 15–20 minutes until finished (60 oz). This is the <u>first of four</u> doses. ◆ Expect frequent, loose bowel movements within 1–3 hours. <p><i>*If you experience nausea or vomiting, slow down but please attempt to drink the full quantity (each portion).</i></p> <p><u>Prepare the second portion of prep solution</u></p> <ul style="list-style-type: none"> ◆ Mix one 119-gram bottle of MiraLAX into 36-40 oz of electrolyte drink of your choice. ◆ Mix well until dissolved. ◆ Chill the mixture in the fridge. 	<p><u>CONTINUE CLEAR LIQUID DIET ONLY - NO SOLID FOOD</u> (Follow same diet guidelines as yesterday)</p> <p><u>Morning</u></p> <ul style="list-style-type: none"> ◆ Begin drinking MiraLAX/electrolyte mixture prepared last evening. This is the <u>second of four</u> doses. ◆ Drink 8-12 oz every 15-20 minutes until finished. <p><u>Prepare the third round of prep solution</u></p> <ul style="list-style-type: none"> ◆ Mix 1 full 8.3 oz bottle (238g) of MiraLAX into 60 oz of electrolyte drink of your choice. ◆ Mix well until dissolved. ◆ Chill the mixture in the fridge for a better taste. <p><u>Evening</u></p> <ul style="list-style-type: none"> ◆ 4:00 PM: Take 2 Dulcolax tablets with a full glass of water. ◆ 6:00 PM: Begin drinking 8-12 oz of the electrolyte/MiraLAX mixture every 15–20 minutes until finished (60 oz). This is the <u>third of four</u> doses. <p><u>Prepare the fourth portion of prep solution</u></p> <ul style="list-style-type: none"> ◆ Mix the remaining 119-gram bottle of MiraLAX into the remaining 36-40 oz of electrolyte drink of your choice. ◆ Mix well until dissolved. ◆ Chill the mixture in the fridge. <p>Procedure Day</p> <p><u>** NOTHING BY MOUTH WITHIN 3 HOURS OF YOUR PROCEDURE OR IT MAY BE CANCELLED **</u></p> <p><u>6 hours before procedure:</u></p> <ul style="list-style-type: none"> ◆ Begin drinking the fourth/final portion of the MiraLAX/electrolyte mixture. Drink 8-12 oz of the mixture every 15–20 minutes until finished. ◆ Continue clear liquids until 3 hours before your procedure time. ◆ Cardiac, blood pressure or seizure medication may be taken with small sips of water, up to 3 hours prior to the procedure. Refer to any specific instructions you were given, if applicable. ◆ NO chewing gum, hard candy or chewing tobacco.

IMPORTANT:

- ◆ Prep results should be clear stool with a slight yellow/brown tint; no solid matter. Please call if you have concerns.
- ◆ Check in 45 minutes prior to your procedure time.
- ◆ Bring ID and insurance card.
- ◆ Bring MD-POA forms if applicable.
- ◆ If you have COPD and/or asthma, please use your inhaler the day of the procedure and bring it with you the day of the procedure. Additionally, if you use supplemental oxygen, please bring your portable tank.
- ◆ Due to the sedation, you will not be permitted to drive home by yourself or leave unaccompanied in a taxi, hotel shuttle or Uber. You must have a driver or companion available.

Frequently Asked Questions:**Q: What size bottles of electrolytes should I get?**

A: A total of 192-200 ounces. For example, Gatorade may be purchased in 12 oz or 20 oz bottles. Sixteen 12 oz bottles could be used totaling 192 ounces. 5 of these would be mixed with 238 grams of the MiraLAX for each first and third portion. 3 bottles would be mixed with 119 grams of MiraLAX for each second and fourth portion. Alternately, ten 20 oz bottles could be used totaling 200 ounces. 3 bottles would be mixed with 238 grams of the MiraLAX for each first and third portion. 2 bottles would be mixed with 119 grams of MiraLAX for each second and fourth portion.

Q: I am not having bowel movements, what should I do?

A: Bowel movements can take up to 5-6 hours to begin after the prep. Be patient, continue to drink liquids, and proceed with the consecutive doses of the bowel prep as directed. If you are still not seeing results after the second dose, please reach your physician's office after 7:00 AM for further instructions.

Q: The prep is making me nauseous, what should I do?

A: If you develop nausea or vomiting, slow down the rate at which you drink the solution. Please attempt to drink all of the laxative solution even if it takes you longer. If vomiting persists, or you are not able to finish the prep, stop the prep and call your physician's office for further instructions.

Q: Can I drink alcohol on a liquid diet?

A: No. Alcohol is not allowed as part of the liquid diet.

Q: Can I drink clear protein on a liquid diet?

A: No. Clear protein drinks may contain particles or residue that can interfere with the procedure.

Q: If I weigh under 100 pounds, do I need to take all of the prep?

A: The liquid amount is not weight dependent. It is important to finish the prep for a successful colonoscopy.