

COLONOSCOPY PREP INSTRUCTIONS – 96 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	1 Day Prior	Day of Procedure
<p><u>PURCHASE THE FOLLOWING:</u> (Grocery store or pharmacy)</p> <ul style="list-style-type: none"> ♦ MiraLAX OTC (or generic): one 238-gram bottle and one 119-gram bottle ♦ Dulcolax (or generic): 1 box 5mg tabs ♦ At least 96 oz of an electrolyte drink of your choice – NO red or purple. <i>(Please see FAQs for bottle-size examples.)</i> ♦ Pedialyte, Powerade, coconut water (no pulp), Propel or Vitamin Water, Gatorade/G2, homemade electrolyte drink (12 c./96 oz water, ¾ t. sea salt, 6 T. strained lemon juice, 3-6 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. <u>You will not be permitted to drive home by yourself or leave unaccompanied in a taxi, hotel shuttle or Uber.</u></p> <p><i>Refer to any additional instructions given regarding medications.</i></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><i>Please note:</i> <i>Should you need to cancel or reschedule your procedure, please give 24 hours notice to avoid a cancellation fee.</i></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 (electrolyte mixture)</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). ♦ 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.</i></p> <p><u>Prepare the second portion of prep solution (electrolyte mixture)</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><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 second 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 medication instructions you were given, if applicable. ♦ NO chewing gum, hard candy or chewing tobacco. <p><u>Important:</u></p> <ul style="list-style-type: none"> ♦ 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. <u>You must have a driver or companion available.</u>

Frequently Asked Questions:

Q: What size bottles of electrolytes should I get?

A: A total of 96-100 ounces. For example, Gatorade may be purchased in 12 oz or 20 oz bottles. Eight 12 oz bottles could be used totaling 96 ounces. 5 of these would be mixed with 238 grams of the MiraLAX for the first portion. The remaining 3 bottles would be mixed with 119 grams of MiraLAX for the second portion. Alternately, five 20 oz bottles could be used totaling 100 ounces. 3 bottles would be mixed with 238 grams of the MiraLAX for the first portion. The remaining 2 bottles would be mixed with 119 grams of MiraLAX for the second portion.

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

A: Bowel movements can take up to 5-6 hours to start after beginning the prep. Be patient, continue to drink liquids, and proceed with the second dose of the bowel prep as directed. If you are still not seeing results, you will need to 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: Why do I have to wake up so early for the second dose, why can't I take it all the night before?

A: A split prep has proven to be the most effective for a successful colonoscopy.

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.