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Colonoscopy Bowel Preparation Instructions

MiraLAX®

IMPORTANT If the bowel is not clean when you arrive to the procedures unit, rather than giving you an incomplete and poor examination, your procedure will need to be rescheduled.

PLAN AHEAD Purchase prep items listed on page 3 ahead of time. No prescriptions needed.



☐ **DISCUSS MEDICATIONS** and any health conditions you have with your doctor.

Your doctor will provide instructions for how to appropriately adjust your medications prior to your procedure. Instructions may include the following changes:

- Stop medications that are for diarrhea (Imodium®, Kaopectate®) or that contain iron 7 days prior to your procedure.
- You will need to temporarily discontinue blood thinners prior to your procedure.
- If you are diabetic, your medications may need to be adjusted.
- You will need to temporarily discontinue GLP-1 medications (such as Ozempic® or Trulicity®) prior to your procedure.
- Take your usual morning medications (including blood pressure medications), at least 4 hours prior to your procedure with a small amount of water.



☐ **ARRANGE** for a friend or family member to drive you home after the colonoscopy, as you will still be drowsy from sedation and it is unsafe to drive.

- You must have an adult accompany you home the day of your procedure, even if you take a cab. The medical procedure staff must be able to contact whoever will accompany you. If this person cannot be confirmed prior to the procedure, your procedure will be rescheduled for your safety.
- You should not drive a car, operate machinery, or make any legal decisions until the day after your procedure.
- If you are unable to find a responsible adult to accompany you and need a ride for the procedure, you may utilize a non-emergency medical transport company providing "door-to-door" service. Door-to-door transport service provides assistance entering and exiting the vehicle and ensuring safe arrival inside their destination. Please bring the medical transport contact information with you the day of your procedure. Procedure Unit staff must be able to confirm this transportation upon admission, or your procedure may be canceled. You can call your insurance to find out about what options are available to you.



☐ **3 DAYS PRIOR** to your procedure, **eat** a **LOW RESIDUE DIET**. A low residue diet limits high fiber foods.

HIGH FIBER FOODS TO AVOID INCLUDE:

- Whole grain breads, oatmeal/cereals, granola
- Nuts, seeds, raw/dried vegetables or fruit (NO salads)
- Beverages with pulp
- Nutritional supplements that contain fiber
- Pepper, beans, corn/popcorn

FOODS YOU MAY EAT INCLUDE:

- Cream of wheat/grits, white rice, and refined pastas/noodles
- Cooked fresh/canned vegetables
- Vegetables without seeds including asparagus, beets, carrots, mushrooms, green beans, and potatoes without skin
- Bananas, soft cantaloupe, honeydew, avocado
- Chicken, fish, beef, pork, tofu, eggs
- Margarine, butters/oils, smooth sauces and dressings
- Cakes, cookies, pudding, ice cream without nuts or seeds
- Hard candy, popsicles, yogurt and cheese



☐ **1 DAY PRIOR** to your procedure, **eat** only a **CLEAR LIQUID DIET**. A clear liquid diet consists only of liquids that you would be able to read a newspaper through.

CLEAR LIQUID DIET INCLUDES:

- Water, mineral water
- Clear fruit juices without pulp (apple, white grape, white cranberry, lemonade, etc.)
- Clear carbonated and non-carbonated soft drinks or sports drinks
- Store-bought and >99% fat-free broth (chicken, beef, vegetable, or bone broth)
- Popsicles or gelatin (such as Jell-O)
- Coffee or tea (without milk or cream)

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1 DAY PRIOR to your procedure, you should also **TAKE THE COLON PREP MEDICATION**. Please follow the instructions on your prescription.

1 YOUR PREPARATION - MiraLAX/Gatorade®

Purchase these items ahead of time (no prescriptions required)

- Four, 5mg Dulcolax® tablets
- One, 8 oz. bottle of MiraLAX
- 64 oz. of Gatorade (no red flavors)
- Desitin® or Vaseline® can be used to protect the anal area especially if you have hemorrhoids.

2 PREPARING YOUR BOWEL PREPARATION

- **2 nights before your colonoscopy**
 - Mix the bottle of MiraLAX in 64 oz. of Gatorade. Shake until the MiraLAX is dissolved and refrigerate.



3 DRINKING YOUR BOWEL PREPARATION

- **Between 3-6 PM the night before your procedure**
 - Take 4 Dulcolax tablets (a total of 20mg) by mouth with at least 8 oz. of water and then wait one hour.
 - Drink 8 oz. of Gatorade-MiraLAX solution every 10-15 minutes until half the solution is gone. Refrigerate the remaining half of the prep solution.
 - Drink an additional 16 oz. of any clear liquid (without MiraLAX) over the next 1-2 hours.



4 DRINKING YOUR BOWEL PREPARATION

- **6-8 hours before your procedure**
 - Drink the remaining half of the prep as above until the container is empty. Then drink an additional 16 oz. of clear liquids.



WHAT TO EXPECT

- You will develop significant diarrhea after drinking the preparation. Plan to be near a bathroom. This is normal as it means the medication is working to clear stool from your colon.
- Most people feel mild bloating and mild abdominal cramps. This is normal. Drinking the prep medication more slowly and over a longer period of time can help alleviate these symptoms.
- A successful colon prep will cause you to have clear yellow ("tea-colored") liquid stools.
- Please finish your preparation regardless of your stool color.