

COLON AND RECTAL SURGERY, LTD.

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Colonoscopy at _____ Date _____ @ _____ Arrival Time _____

MIRALAX BOWEL PREP FOR COLONOSCOPY (SPLIT DOSE)

PURCHASE AT THE PHARMACY:

- 4 Dulcolax Tablets
- One bottle (238 gram) of MiraLax
- 64 ounces of any clear liquid of your choice (except red or purple). Most people prefer Gatorade or Crystal Light.

ONE WEEK PRIOR TO THE PROCEDURE:

Please inform your physician if you are taking blood-thinning medications such as Coumadin, Plavix, Lovenox, or Aspirin. Most likely you will be asked to discontinue these medications 3 to 7 days prior to your procedure if approved by your family physician or cardiologist.

TWO DAYS PRIOR TO PROCEDURE:

1. Mix the 238 gram bottle of Miralax in 64 ounces of clear liquid of your choice
2. Shake the solution until the Miralax is dissolved and refrigerate

ONE DAY PRIOR TO COLONOSCOPY:

1. **ONLY CLEAR LIQUIDS ALL DAY!** (see examples of clear liquids on other side)
2. At 4:00 PM in the afternoon, take 4 Dulcolax tablets with 8 oz of clear liquid
3. Beginning at 6:00 PM in the evening, drink half (32 ounces) of the solution. This means drink 8 oz of the Miralax solution every 15 minutes until you have drank 32 ounces. This part of the bowel prep takes about 1 hour.
4. Remain close to toilet facilities.
5. Be sure to stay very well hydrated. Drink extra clear liquids before you go to bed.

ON THE DAY OF THE COLONOSCOPY:

1. Beginning at 1:00 AM in the morning, drink the rest of the solution (32 ounces). This means drink 8 oz of the Miralax solution every 15 minutes until it is all finished. This part of the bowel prep takes about 1 hour.
2. **AGAIN, DO NOT EAT ANYTHING**
3. **DO NOT DRINK ANYTHING 4 HOURS PRIOR TO YOUR PROCEDURE**
4. If you take medication, you may take essential medications (for blood pressure, heart, seizures) on the morning of the procedure with a small sip of water
5. If you are diabetic, do not take your oral diabetic medicines the morning of the procedure. If you take injectable insulin, give yourself $\frac{1}{2}$ the morning dose. Procedures are cancelled if blood glucose level is over 300.
6. Report to the hospital at the time specified by the hospital.
7. It is important to take all of the medication and liquids so that your doctor will be able to see your entire colon clearly.
8. A colonoscopy prep will cause the body to lose a lot of fluid. This can result in illness due to the loss of too much body fluid (dehydration). It is important that you prepare your body by drinking extra clear liquids before the prep. Stay hydrated by drinking clear liquids during the prep as directed. Replenish your system by drinking clear liquids after returning home from your colonoscopy.

CLEAR LIQUID DIET

Remember: No RED or PURPLE colored items and NO ALCOHOL ALLOWED!!!!

Water, Tea, Plain coffee, Clear juices such as apple or white grape, Lemonade from powdered mix, Fruit-flavored drinks such as Kool-Aid, Crystal Light, etc, Sports drinks such as Gatorade, Al-Sport, Powerade, etc, Carbonated beverages or soda
Fat free broth, bouillon, consommé, Plain or flavored gelatins, Fruit ices or Italian ice, Sorbet, Popsicles, Clear liquid nutritional supplements, Honey, Sugar, Hard candy

Tips on drinking the bowel prep:

- Most people agree that bowel prep solutions taste best well-chilled. Try chilling the glass too
- If lukewarm liquids are preferred, remove the bowel prep solution from refrigerator for 15-30 minutes before drinking
- Drink the whole dose quickly rather than sipping small amounts
- Try drinking bowel prep solution through a straw
- Rinse mouth with water, clear soda, or mouthwash after drinking
- Suck on hard candy or lollipops (no red or purple)

Tips to avoid a sore bottom from frequent bowel movements:

- Avoid rubbing; gently pat area with wet washcloth or pre-moistened wipe or rinse with water
- Apply Vaseline, Aquaphor, Prep H, zinc oxide ointment, or diaper rash cream liberally after each trip to the bathroom
- Wipe with refrigerated Tucks or Fleet relief pads (available over the counter)