

COLONOSCOPY PREPARATION INSTRUCTIONS

1A

AM - MIRALAX / DULCOLAX PREP

It is very important for you to **read and follow these instructions**. Failure to do so may result in cancellation of your procedure. Please keep them in a place where you can find them to **review again**, ALONG WITH THE GENERAL COLONOSCOPY INSTRUCTIONS, **one week prior to your test date**.

HELPFUL TIP: Avoid high fiber foods (nuts, seeds, whole grains, raw fruit and vegetables, beans, corn, chicken skin) **SEVEN DAYS PRIOR TO PROCEDURE FOLLOW A LOW RESIDUE DIET; NO marijuana the day before and day of procedure; NO tobacco use the day of procedure.**

TEST DATE: _____

ARRIVAL TIME: _____

(in any pharmacy, or grocery store in laxative aisle purchase)

1. One 238 gram bottle of Miralax (8.3 oz.)
2. Two Dulcolax Tablets (Laxative, NOT Stool Softener)
3. 64 oz. of any clear liquid (clear juice, fruit drinks, Gatorade, clear soda) (nothing red in color)

HOW TO TAKE THE PREP:

1. ON THE DAY BEFORE THE TEST _____, Follow a clear liquid diet (see sample diet)
2. **Beginning at 1:00PM**
Take the two (2) Dulcolax (Bisacodyl) tablets with 8 oz. of water. Swallow the tablets whole with a full 8 oz. glass of water.
3. **Beginning at 4:00 PM**
Mix the entire bottle of Miralax in 64 oz. of any clear liquid (except water).
Shake the solution until the Miralax is dissolved. Drink 6-8 ounces of the mixed solution every 15-20 minutes until the solution is finished.
4. You may continue your Clear liquid Diet during the evening/night and up to 4 hour prior to your arrival time

Clear Liquid Diet for Colonoscopy Prep Day

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No Red Colored liquids, ice or Jell-O, they may look like blood during the procedure. You MAY NOT have milk or creamer, or any alcoholic beverages on a clear liquid diet

Allowable Choices

- Black coffee (no milk or Creamer)
- Tea hot or cold (no milk or creamer)
- Sports Drinks (Gatorade, PowerAde, Pedialyte)
- Clear Soda (sprite, 7up, seltzer, ginger ale)
- Lemonade
- Broth or bouillon (chicken, beef, vegetable)
- Flavored Jell-O (no red)
- Lemon Ice or Italian Ice (no red)
- Clear Juices any flavor (apple, white cranberry or grape etc.)
- Crystal Light

STOP all clear liquids 4 hours before your scheduled arrival time