

Colonoscopy Bowel Preparation Instructions

MiraLAX[®]

Please read the instructions below at least 3 days prior to your scheduled procedure.

Important If the bowel is not clean when you arrive at the procedure unit, rather than giving you an incomplete and poor examination, your procedure may need to be rescheduled. If there are any significant changes to your medical history since scheduling your procedure, please notify the office before your procedure date.

Discuss medications and any health conditions you have with your doctor. Your doctor will provide instructions for appropriately adjusting your medications before your procedure.

Arrange for transportation. You must have an adult accompany you on 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 before the procedure, your procedure will be rescheduled for your safety. An Uber/Lyft is not an acceptable form of transportation unless you have someone accompany you.

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 can help alleviate these symptoms.
- For a sore bottom, use plain or aloe baby wipes, Desitin, or A&D ointment.
- Drinking the prep at a colder temperature may help minimize any unpleasant taste of the prep. Do not add ice to the prep, place in refrigerator to keep cold.
- If you experience nausea or vomiting while drinking your prep, take a 15–30-minute break and then continue. If you still have vomiting and cannot tolerate a dose of the bowel prep, please notify your provider's office for further instructions.
- A successful colon prep will cause you to have clear yellow liquid stools.
- Please finish your preparation regardless of your stool color. If your prep is between 1–3 (see below) please call your procedure center for further instructions.



3 days prior to your procedure, AVOID nuts, seeds, raw/dried vegetables, or fruit (no salads) as they may interfere with the quality of your bowel prep.

1 day prior to your procedure, drink only a CLEAR LIQUID DIET. This means NO solid foods. 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)
- Clear protein drinks (Ensure Clear® and/or Premier Protein Clear®)

Stay hydrated with at least 8 tall glasses (about 8 oz. each) of clear liquids throughout the day in addition to what you drink with your bowel prep medication to prevent dehydration.

1 day prior to your procedure, TAKE THE COLON PREP MEDICATION.

1. Your Preparation

- Purchase these items ahead of time (no prescription required):
 - Four, 5 mg Dulcolax tablets (bisacodyl)
 - One, 8 oz. bottle of MiraLAX (polyethylene glycol 3350)
 - 64 oz. of Gatorade or Crystal Light
 - Simethicone – 4 tablets (125mg tablets)

2. Drinking Your Bowel Preparation: Part 1

- **At 3 pm**, the day prior to your scheduled procedure time: Take the four 5 mg Dulcolax laxative tablets with 8 oz of water. Mix the entire bottle of MiraLAX with 64 oz of Gatorade or Crystal Light and refrigerate.

3. Drinking Your Bowel Preparation: Part 2

- **At 5 pm**, the night before your procedure: Drink 8 oz of the solution and continue drinking an 8 oz glass of solution every 15 minutes until ½ of the MiraLAX prep solution is finished. Refrigerate the remaining half of the prep solution.

4. Drinking Your Bowel Preparation: Part 3

- **6 HOURS BEFORE** your scheduled procedure time: Drink 8 oz of prep solution every 15 minutes until the 2nd half of the solution is finished.
- **4 HOURS BEFORE** your procedure, you should STOP DRINKING ALL CLEAR LIQUIDS AND BOWEL PREP. This means that you should not have anything to eat or drink 4 hours before your colonoscopy and onward.
 - No use of gum, hard candy, or mints within 4 hours of your procedure.
 - No smoking tobacco, marijuana, or use of e-cigarettes on the day of your procedure.