

## COLONOSCOPY BOWEL PREPARATION INSTRUCTIONS

### Miralax/Dulcolax Split Dose

Please visit our website at [www.digestivehealthclinic.com](http://www.digestivehealthclinic.com) to view an educational video about this procedure. Read these instructions carefully. If instructions are not followed, your physician may not be able to complete your procedure. If you have preparation questions, please call our prep hotline 8am-5pm, Monday-Friday at **(208) 489-1887**. For any after-hour concerns you can leave a message with our answering service and we will return your call as soon as possible.

#### **You are required to contact our office at (208) 489-1887, IF:**

- You are on **COUMADIN OR OTHER BLOOD THINNERS** so that we can determine if or when you need to stop these medications prior to your procedure.
- You are **INSULIN-DEPENDANT DIABETIC** and need specific instructions.
- You have questions about which medications you should and should not take.

#### **WHAT TO PURCHASE AT YOUR GROCERY STORE:**

- 2 **Dulcolax (bisacodyl)** 5mg tablets *over the counter*
- 238 gram bottle of **Miralax** powder *over the counter*
- 64 oz. (2-32 oz. bottles) of Gatorade, Gatorade 2, Crystal Light, water, or any clear liquid of your choice to mix with the Miralax powder.
- 2 Simethicone (Gas-X) 125 mg tablets/capsules (green/white is ok) *over the counter*
- **Do not use liquids that have red or purple dyes.**

#### **THREE DAYS PRIOR TO YOUR PROCEDURE:**

- Stop all vitamins, minerals, or herbal supplements now.
- Begin a **LOW FIBER DIET** and stop all fiber supplements such as Metamucil, Citrucel, and Benefiber.
- Visit [www.digestivehealthclinic.com](http://www.digestivehealthclinic.com) for examples or suggestions for a low fiber diet.
- Do not eat raw fruits, raw vegetables, nuts or seeds.

#### **THE DAY BEFORE YOUR PROCEDURE:**

- For breakfast, you may have a full liquid meal and as many clear liquids as you can tolerate.
- SUGGESTIONS FOR A FULL LIQUID MEAL MAY INCLUDE: Cream of Wheat (no oatmeal or grits), strained creamed soups (no pieces or chunks of vegetables or meats), flavored yogurt (without pieces of fruit), milkshakes and Ensure nutrition shakes.
- **After breakfast, you may only consume clear liquids.**
- SUGGESTIONS FOR CLEAR LIQUIDS MAY INCLUDE: Water, chicken broth, beef broth or vegetable broth, juice such as white grape, apple and lemonade without pulp. Sodas - diet and regular, Gatorade or other sports drinks, tea, coffee (black), Jell-O, popsicles.  
**NO RED OR PURPLE DYES.**
- **3:00 pm:** Take 2 Dulcolax (bisacodyl) 5mg tablets and continue to drink clear liquids to stay hydrated.
- **5:00 pm:** Mix the ENTIRE 238 gram bottle of Miralax in 64 oz. of Gatorade, Gatorade 2, Crystal Light, water, or any clear liquid of your choice and shake until the Miralax dissolves.
- Drink one glass (8 oz.) every 10-15 minutes until **half (32 oz.)** of the solution is gone. This will induce stools.
- **If you experience nausea and vomiting, slow down or take a break from drinking the solution.** Using a straw and/or sucking on hard candy may help you drink the solution.
- Stay well hydrated and continue to drink clear liquids all evening.

#### **ON THE DAY OF YOUR PROCEDURE:**

- **6 hours before your procedure**, take 2 Simethicone (Gas-X) capsules. Then shake the remaining **half (32 oz.)** of the Miralax solution and drink one glass (8 oz.) every 10-15 minutes until the solution is gone. (For example, if your procedure is at 10:00 am, you should start drinking the solution at 4:00 am. If your procedure is at 1:00 pm, you should start drinking the solution at 7:00 am).
- You must finish drinking the remaining half of the Miralax solution at least 4 hours before your procedure. (For example, if your procedure is at 7:00 am, you must be finished drinking the solution by 3:00 am).
- To ensure the success of your procedure you must finish drinking **the entire solution.**
- **4 hours before your procedure, YOU MAY NO LONGER HAVE ANYTHING BY MOUTH, INCLUDING CLEAR LIQUIDS. Failure to follow this may result in cancellation or rescheduling of your procedure.**
- Unless directed otherwise, you may take your regularly scheduled prescription medications (no vitamins, minerals, and herbal supplements) with small sips of water.
- Please bring a list of your current medications to your procedure.
- Anyone visiting the facility (patient or driver, etc.) should not wear fragrances such as perfume, cologne, scented lotions or oils as they may cause others to have an allergic reaction.

#### **NO DRIVING AFTER THE PROCEDURE:**

Sedation is used with most of these procedures and will require that you have a responsible adult accompany you to the appointment, even if you take a taxi. This person will need to remain in our waiting room during the procedure, listen to your post procedure instructions, and drive you home after the procedure. Please be advised that your procedure will be delayed until your driver is present.