

COLONOSCOPY PREP INSTRUCTIONS (PM exam)

Miralax (same as Glycolax)

Please Purchase:

- One (1) bottle of Miralax (238 grams or 8.3 ounces)
- Four (4) Dulcolax or bisacodyl tablets (5 milligram tablets)
- 64 oz. of re-hydration (sports) drink. (See back of this sheet for a list of brands to choose from)

These products are over the counter. You can find listed alternative options listed on the back of this sheet.

DAY ONE = one day prior to colonoscopy appointment

7:00 am- 10:00 am	You may have a light breakfast within this time. For example: Toast and Egg or cereal are ok.
10:00 am	Begin clear liquid diet (list on back) Absolutely NO food or alcohol after 10:00 am.
10:00 am	Take 2 bisacodyl tablets with water (do not crush or chew and do not take within 1 hour of taking an antacid).
3:00 pm	Take remaining 2 bisacodyl tablets with water (do not crush or chew and do not take within 1 hour of taking an antacid)
4:00 pm	Combine the 238 gram bottle (or 8.3oz.) of Miralax powder into an empty pitcher along with 64 oz. of rehydration (sports) drink. Mix and chill if desired
6:00 pm	Start to drink the first dose (32 oz.) of bowel prep. Drink (1) 8oz. glass every 15 – 20 minutes over a one-hour period. Drink each glass quickly rather than drinking small amounts continuously. If you get nauseated, it's okay to pause for 20 – 30 minutes then resume once it has passed. Continue to drink high volumes of clear liquids throughout the rest of the evening.

DAY TWO = day of colonoscopy exam

7:00 AM	Begin drinking the second dose of bowel prep (32 oz.) Drink (1) 8oz. glass every 15 – 20 minutes over a one-hour period. Drink each glass quickly rather than drinking small amounts continuously. If you get nauseated, it's okay to pause for 20 – 30 minutes then resume once it has passed.
1.	Starting 2 hours before your colonoscopy, stop ALL fluids. Take nothing (NO FOOD OR DRINK) by mouth.
2.	For use of your medications, refer to the orange medication instruction sheet enclosed.
3.	Call (585) 461-2498 if you have any questions regarding any of these instructions.
4.	Arrive at your assigned time.

****We STRONGLY encourage clear liquid intake up to 2 hours before your procedure time****

CLEAR LIQUIDS (NO ALCOHOL):

- Water
- Clear juices (apple, white grape juice, orange drink, white cranberry juice)
- Black coffee or tea (no creamers) sugar OK
- Bouillon or clear broth
- Soda pop (Sprite, Ginger-ale, Mountain Dew), Gatorade
- Jell-o, popsicles, Lemon Ice

BOWEL PREP TABLETS: (any of these brands)

These are the PILLS to take at the start of your bowel prep

- Bisacodyl (Generic)
- Dulcolax
- Dulcogen
- Alophen

DO NOT USE STOOL SOFTENERS

RE-HYDRATION (SPORT) DRINKS: 64 oz

This is the liquid used to mix with the powder (below)

- Powerade , Powerade zero
- Gatorade, Gatorade Zero, Gatorade Fit, Gatorlyte
- Prime
- BodyArmor
- Propel
- Pedialyte
-

BOWEL PREP POWDER

This is the powder to mix with the liquid (above)

- Miralax
- Glycolax
- PureLax
- ClearLax

Please Note:

- Please wear socks as it sometimes can get cool in the procedure room.
- No nail polish on fingers only (you do not need to remove acrylic nails). The nail polish may interfere with the oxygen sensor that is placed on your finger.
- Diabetics may use Powerade Zero as it contains less sugar than regular Powerade.
- **Please leave valuables at home.**