

# COLONOSCOPY PREP INSTRUCTIONS (AM exam)

## Miralax (same as Glycolax)

**\*\* NO SEEDS, NUTS, POPCORN, CORN, QUINOA, FIBER SUPPLEMENTS, OR IRON SUPPLEMENTS 3 DAYS PRIOR TO YOUR PROCEDURE \*\***

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**

<b>7:00 am</b>	Begin clear liquid diet (list on back). Absolutely <b>NO</b> solid food or alcohol.
<b>10:00 am</b>	Take 2 bisacodyl tablets with water (do not crush or chew and do not take within 1 hour of taking an antacid).
<b>3:00 pm</b>	Take remaining 2 bisacodyl tablets with water (do not crush or chew and do not take within 1 hour of taking an antacid).
<b>4:00 pm</b>	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.
<b>5:00 pm</b>	Start to drink the Miralax mixture. Drink (1) 8oz. glass every 15 – 20 minutes over a two to three hour period. 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**

1.	Continue to drink clear liquids until 2 hours before your colonoscopy. <b>2 hours before your colonoscopy, stop ALL fluids and take nothing (NO FOOD OR DRINK) by mouth.</b>
2.	For use of your medications, refer to 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 with a driver/chaperone.

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

### **CLEAR LIQUIDS (NO ALCOHOL):**

- Water
- Clear juices (apple, grape juice, orange drink, white cranberry juice)
- Black coffee or tea (no creamers). Sugar is OK to add
- Bouillon or clear broth
- Soda pop (Sprite, Ginger-ale, Mountain Dew), Gatorade
- Jello, 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 or Gatorade Zero as it contains less sugar than regular Powerade.
- **Please leave all valuables at home.**