

Colonoscopy Prep 6 L MiraLAX

The following instructions are your physician's specific instructions and may vary from standard prep instructions. Please follow the instructions carefully to ensure a successful prep. You can reach your physician's office at: (610) 821-2828

Special Notes: Please notify the office if you are taking blood thinners, have prosthetic heart valve, diabetes, or take weekly injections or pills for weight loss or liver disease. If you take an iron pill or a multivitamin with iron, you will need to stop it 5 days prior to your procedure. If you take Coumadin (warfarin), our office will call your doctor to determine how many days to hold your Coumadin. If you are on Coumadin and do not hear from us and your procedure is in 5 days, call the office and choose the scheduling prompt. Unless otherwise Instructed, you may take all medications the day prior. Follow your After Visit Summary for any other medication changes.

Snapshot

7 days prior to procedure

Carefully check your prep instructions.

Purchase items needed for your bowel preparation:

- Gatorade®: Six 28 to 32-ounce (oz) bottles (not red or purple)
- **People with diabetes – buy sugar free Gatorade® (Gatorade® Zero)**
- MiraLAX® - 42 regular doses / 714 grams
- Bisacodyl – 10mg or two 5 mg tablets (not rectal)

3 days prior to procedure

Follow a low-fiber diet before your procedure. This means eating foods that are easy to digest and avoiding foods with a lot of fiber. STOP eating raw vegetables, vegetables with seeds (like cucumbers or tomatoes with seeds), corn, popcorn, nuts and seeds (including sunflower, chia, pumpkin, etc.). Also stop fiber supplements, such as: Metamucil, Fibercon, Psyllium, and any other fiber powder or pill



Follow the low-fiber diet list your doctor gave you (page 4). Choose soft, easy-to-digest foods like white bread, white rice, pasta, eggs, chicken, turkey, or fish, bananas, and applesauce.

2 days prior to procedure

Continue a low-fiber diet. Avoid salads, fresh fruit, raw vegetables, whole grains, seeds, fruit, vegetables with skin and nuts. Confirm arrangements with your driver.

Day Before Your Procedure

Maintain a clear liquid diet all day. Do NOT eat any solid food after you wake up until after your procedure. Drink lots of water during the day to keep from getting dehydrated and to help clean out your bowels.

***Clear Liquid Diet Details: NO RED or PURPLE. NO DAIRY**

Approved

Sodas, coffee, tea
Clear juices, fitness waters
Popsicles without pulp
chicken, vegetable
and beef broth
Gelatin



Avoid

No milk/dairy
No juices with pulp



1

08:00 am: Add 7 capfuls of MiraLAX® to each Gatorade® bottle. Mix well until powder is gone and place the bottles in the refrigerator.



2

3:00 pm: Bisacodyl Tablet : Take one 10 mg or two 5 mg Bisacodyl tablets with a glass of water.



3

4:00 pm: Drink two Gatorade® bottles over 2 hours (8 oz every 15 minutes).

4

7:00 pm: Drink two Gatorade® bottles over 2 hours (8 oz every 15 minutes).

Procedure Day

6 hours before your procedure, drink the last two Gatorade® bottles over 2 hour (8 oz every 15 minutes).

Important Things to Know Before Your Colonoscopy

- Individual responses to laxatives vary. This preparation will cause multiple bowel movements. Stay close to the bathroom.
- If you experience nausea or vomiting while taking the prep, take a 30-minute break. If symptoms continue or you have any other issues, please call the doctor's office, (610) 821-2828.
- You may need to give a urine sample to check for pregnancy.
- Do NOT eat or drink anything after you finish your Final Gatorade bottle. This means no water, gum, candy, chewing tobacco, snuff, or food.
 - Exception: If you take medicine for blood pressure, heart problems, or seizures, take it as prescribed with a small sip of water the morning of your procedure.
 - Oral Diabetes medications: Do NOT take the day of your procedure.
- You must have an adult (18 or older) drive you home after your procedure because you will get sedation. If you plan to use public transportation (bus, taxi, etc.), you MUST have an adult go with you to and from your procedure. If you do not, your procedure will be rescheduled.
- Do not use marijuana 24 hours before your procedure.
- Leave valuable items at home. Do not wear jewelry and remove any body piercings.

Bowel Prep Frequently Asked Questions

What is a clear stool?

A clear stool can have a slight tint of yellow or brown. It will be completely transparent and will not contain any solid matter.

I am not having bowel movements, what should I do?

Bowel movements can take up to 5 to 6 hours after beginning the prep to start. Be patient, continue to drink liquids. If you have not had a bowel movement by midnight the night prior to your procedure, you will need to reach the on-call physician for further instructions.

The prep is making me nauseous, what should I do?

If you develop nausea or vomiting, slow down the rate at which you drink the solution. Please attempt to drink all the laxative solution even if it takes you longer. If vomiting persists, or you cannot finish the preparation, stop the preparation and call your physician's office for further instructions.

What are some high fiber foods I should avoid?

Raw fruits and vegetables are typically high in fiber, as well as nuts, seeds, whole grain breads, and beans and lentils.

What are some good options for low fiber foods?

Choose white bread and white rice for lower fiber options, as well as pastas made with white flour. Chicken, fish, dairy, and eggs are also low in fiber and good choices for foods 2 to 3 days before you begin your prep.

If I eat popcorn or seeds 3 days before my procedure, do I need to reschedule?

You will not need to reschedule your procedure; however, the seeds or nuts may cause difficulty in screening and require a need for re screening. If you have eaten a large amount of seeds or nuts, you may want to contact the nurse or physician.

Can I drink ALCOHOL on a liquid diet?

Alcohol is not allowed as part of the liquid diet.

Can I continue to be on the liquid diet after I begin consuming the laxatives?

Yes, you may continue the liquid diet until you are directed to discontinue anything by mouth, which is typically 4 to 6 hours prior to the procedure.

Why do I have to wake up so early for the Final dose, can't I take it all the night before?

A split prep has proven to be the most effective for a successful colonoscopy. It is essential that you follow the directions provided with your prep medications.

If I weigh under 100 pounds, do I need to take all the prep?

The liquid amount is not weight dependent. It is important to finish the prep for a successful colonoscopy.