

STANDARD BOWEL PREP (with Miralax & Dulcolax)

NOTE: *If you take any blood thinning medications such as Coumadin, Eliquis, Plavix, Pradaxa, Warfarin, Xarelto; have an artificial heart valve; an allergy to Latex; take Phentermine; or have had issue with this particular prep in the past — please call your physician's office for further instructions.*

PLEASE READ ALL ENCLOSED INFORMATION & FOLLOW INSTRUCTIONS CAREFULLY TO ENSURE A SUCCESSFUL PREP

Detailed step-by-step instructions included on Page 2

**1 day prior
to procedure:**

- **NO SOLID FOODS. A clear liquid diet is necessary for a colonoscopy, so you must be on a clear liquid diet all day.**
- Please continue taking all of your routine medication as normal, with the exception of the medications listed above.
- *If you are DIABETIC, please refer to the Diabetic Medication Instruction Sheet*

**Day of
your
procedure:**

- **Nothing by mouth 4 HOURS prior to procedure**
- If you take daily medication (including blood pressure, seizure & heart medications) take it with small sips of water only, **AT LEAST 4 hours before your procedure.**
- You may brush your teeth, but do not swallow.
- **NO GUM or HARD CANDY or CHEWING TOBACCO.**
- **DO NOT SMOKE MARIJUANA, CIGARETTES, CIGARS, PIPES or E-CIGARETTES.**

Bring your ID and a copy of your current insurance card

YOU MUST BE ACCOMPANIED BY AN ADULT FRIEND OR RELATIVE TO DRIVE YOU HOME. YOU MAY NOT DRIVE OR GO HOME BY TAXI/BUS/CAR SERVICE. IF YOU DO NOT HAVE A DRIVER, YOUR PROCEDURE WILL BE CANCELLED.

ITEMS NEEDED FOR PREP:

- **Dulcolax Laxative 5 mg tablets**
 - * Bisacodyl is approved generic brand
 - * Buy laxative tablets, NOT stool softener
 - * You will need 4 tablets
 - **Miralax 238 gram bottle**
 - * Polyethylene Glycol 3350 is approved generic brand
 - **Gatorade sports drink 64 oz**
NO RED, PURPLE or ORANGE
- ➔ *if you are DIABETIC, you can substitute Crystal Light or Propel Fitness Water*



APPROVED:

Sodas, coffee, tea (no dairy/creamer)
Clear juices (apple, white grape)
Fitness waters
Chicken, beef, vegetable broth
Gelatin
Popsicles (without pulp)
NO RED, PURPLE or ORANGE

AVOID:

Milk / dairy
Juices with pulp
Popsicles with pulp
Alcohol
RED, PURPLE or ORANGE items

STANDARD BOWEL PREP

Prep: The day before your procedure

NO solid foods until after your procedure. Drink plenty of water throughout the day to avoid dehydration.

1

3:00 PM the day prior to your procedure

Put 64 oz of Gatorade, or Gatorade powder mixture in the refrigerator.



2

3:00 PM the day prior to your procedure

Take 4 (5mg) Dulcolax/Bisacodyl tablets with a glass of water.

**Please note you will only need 4 tablets total*



3

5:00 PM the evening prior to your procedure

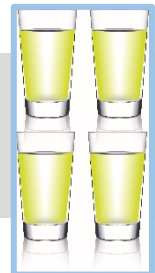
Mix together the **ENTIRE BOTTLE** (8.3oz/238g) of Miralax/
Polyethylene Glycol 3350 with **64 oz.** of chilled drink mix.



4

5:00 PM the evening prior to your procedure

Drink an 8 oz. glass of the solution every 15-30 minutes until you
have finished drinking **HALF OF THE MIXTURE (32 oz.)**.



Individual responses to laxatives vary.

This preparation will cause multiple bowel movements, stay close to a bathroom.

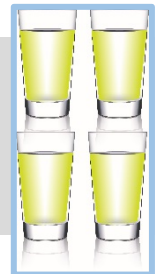
Prep Day: The day of your procedure

5

SIX HOURS prior to your procedure time

Drink the **OTHER HALF OF THE MIXTURE (32 oz.)** Drink an
8 oz. glass of the solution every 15-30 minutes **until gone**.

You must finish the entire prep, even if your bowels are already clear.



STOP ALL LIQUIDS 4 HOURS PRIOR TO PROCEDURE

BOWEL PREP - FREQUENTLY ASKED QUESTIONS

What is a clear stool?

A clear stool can have a slight tint of yellow or brown (tea colored.) 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 3-4 hours after beginning the prep to start. Be patient, continue to drink liquids. If you have not had a bowel movement by **9:00pm** 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 of the laxative solution even if it takes you longer. If vomiting persists, or you are not able to finish the preparation, stop the preparation and call your physician's office for further instructions.

Is it normal to have diarrhea & cramping?

YES. This is normal. Bloating, abdominal discomfort, nausea, cramping and diarrhea could happen at any point during the bowel prep process.

What foods should I avoid for the 3 days leading up to my procedure?

It is recommended to limit raw vegetables, nuts, seeds, flax seeds and popcorn for three days prior to your procedure. The seeds or nuts may cause a difficulty in screening.

Can I drink ALCOHOL on the 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 4-6 hours prior to the procedure.

Why do I have to wake up so early for the 2nd 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 of the prep?

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

Do I need to remove my jewelry before the procedure?

Please leave valuables at home. If you have any body piercings, please remove them prior to your procedure. Mouth and lip jewelry must be removed prior to the procedure - inability to do so could result in cancellation of your procedure.
