



Colonoscopy Instructions for **Miralax** Bowel Prep

Please follow the instructions below carefully. Should you need further assistance please call 208-960-0650 Monday-Friday 8am – 5pm.

1 Week Prior	5 Days Prior	1 Day Prior	Procedure Day
<p>Purchase the following:</p> <ul style="list-style-type: none"> 1- Box Dulcolax (bisacodyl) laxative tablets 1- 10 oz bottle of Magnesium Citrate 1- 238 gram (8.3 oz) bottle of Miralax (Generic is ok) 1- 64 oz bottle of Gatorade or Powerade (Not red or purple) <ul style="list-style-type: none"> • If you take medication to thin your blood, such as Coumadin (warfarin), Plavix (clopidogrel), Pradaxa (dabigatran), Xarelto, Eliquis, etc. ask your regular doctor whether to continue or to stop these medications. Aspirin may be continued. • If you take diabetic medication, please ask for instructions. • Stop all supplements that contain fiber, iron, fish oil or Vitamin E seven days before your appointment. This includes multi-vitamins with iron, Metamucil, Citrucel and Fibercon. 	<p>AVOID all high fiber foods:</p> <ul style="list-style-type: none"> ▪ No raw vegetables ▪ No Corn (raw or cooked) ▪ No whole wheat or whole grains ▪ No nuts, seeds or popcorn ▪ No bran or bulking agents <ul style="list-style-type: none"> • Low-fiber diet guidelines are attached. • You must have a responsible adult to drive you home and stay with you for a reasonable amount of time. (Taxi or van service may not be used) 	<p>BEGIN clear liquid diet—NO SOLID FOODS today.</p> <ul style="list-style-type: none"> • You may drink water, coffee, or tea (without milk or non-dairy creamer), Gatorade, Pedialyte, carbonated and non-carbonated beverages, broth cubes, Jell-O, popsicles, clear fruit juices without pulp (apple, white grape), powdered lemonade • No red or purple liquids • Drink at least 8 glasses of water throughout the day- this helps to ensure your colon is cleaned out. • At 3:00 PM Take 4 Dulcolax (bisacodyl) 5 mg tablets with 16 ounces of water. Also drink entire bottle of Magnesium Citrate. • At 5:00 pm start your prep: <ol style="list-style-type: none"> 1. Mix entire 238 gram bottle of Miralax in 64 ounce bottle of Gatorade. 2. Drink 8 oz every 10-15 minutes until half (32 ounces) of the solution is gone. • If you experience nausea or vomiting, rinse your mouth with water and take a 15 – 30 min break, then resume prep. • Continue clear liquid diet for the remainder of the evening. 	<ul style="list-style-type: none"> • At Midnight before your procedure repeat Miralax: <ul style="list-style-type: none"> *Drink the remaining 32 ounces of solution. Drink an 8-ounce glass of the solution every 15 minutes until it is gone. • After finishing your prep, you may drink WATER ONLY until 3 hours prior to your procedure time, then nothing by mouth until after your procedure. • You may take your morning medications with a sip of water. • Be sure to bring: <ul style="list-style-type: none"> ○ A responsible driver ○ Insurance card ○ Photo ID • You cannot drive the remainder of the day. • If you have followed the instructions and your stool is clear or yellow liquid, you are ready for your exam. If you are unsure of your colon cleansing, call the procedure center at 208-960-0650.