



Miralax Bowel Prep Colonoscopy Instructions

Follow the instructions below carefully. For assistance, please call 208-960-0650 Monday-Friday 8am – 5pm.

	5 Days Prior	1 Day Prior	Procedure Day
Purchase the following: 1- 1 box of 5mg tablets of Dulcolax (bisacodyl) laxative tablets 2- 2 bottles of 238 gram (8.3 oz) Miralax (Generic is ok) 3- 64 oz of Gatorade or Powerade (Not red or purple) They come in 28 oz or smaller bottles.	AVOID all high fiber foods: Low-fiber diet guidelines are attached. <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 ▪ Stop **supplements noted below 	NO SOLID FOODS today. A clear liquid diet ONLY. Drink a variety of fluids like water, coffee or tea (without milk or non-dairy creamer), juices without pulp, carbonated and non-carbonated beverages, broth, Jell-O, popsicles <ul style="list-style-type: none"> • No red or purple liquids • At 3:00 PM Take 4 Dulcolax (bisacodyl) 5 mg tablets with 16 ounces of water • At 5:00 pm start your prep: <ol style="list-style-type: none"> 1. Mix entire 238 gram bottle of Miralax in 64 ounces of Gatorade or Powerade 2. Drink 8 oz every 10-15 minutes until half (32 ounces) of the solution is gone • Continue a clear liquid diet for the remainder of the evening. 	<ul style="list-style-type: none"> • At Midnight before your procedure: <ul style="list-style-type: none"> • Drink the remaining 32 ounces of solution. (Drink 8-ounces every 15 minutes until gone) • You may take your morning * medications with a sip of water 3 hours prior to your procedure time, then nothing by mouth until after your procedure. • You're ready for your procedure! Don't forget: <ul style="list-style-type: none"> ○ A responsible driver ○ Insurance card ○ Photo ID
	2 Days Prior 1 dose of Miralax with 8 oz of fluid.		

- * If you take blood thinning medication, 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 including multi-vitamins with iron.
- You will need a responsible adult to drive you home after your procedure and stay with you for a reasonable amount of time. (Taxi or Uber may not be used). You cannot drive the remainder of the day.

- If you experience nausea or vomiting, rinse your mouth with water and take a 15 – 30 min break, then resume prep.
- If you experience irritation around the anus, clean area with baby wipes and use a water-based lubricant to protect the skin.

Low Fiber Diet Guidelines

Foods Recommended	Foods to Avoid
<p>Breads, Cereal, Rice and Pasta:</p> <ul style="list-style-type: none"> • White bread, rolls, biscuits, and tortillas • Waffles, French toast, and pancakes • White rice, noodles, pasta, macaroni and peeled cooked potatoes • Plain crackers, Saltines • Cooked cereals: Cream of Rice • Cold cereals: Puffed Rice, Rice Krispies, Corn Flakes 	<p>Breads, Cereal, Rice and Pasta:</p> <ul style="list-style-type: none"> • Breads or rolls with nuts, seeds or fruit • Whole wheat, pumpernickel, rye breads and cornbread • Potatoes with skin, brown or wild rice, and kasha (buckwheat)
<p>Vegetables:</p> <ul style="list-style-type: none"> • Tender cooked and canned vegetables without seeds: carrots, asparagus tips, green or wax beans, pumpkin, spinach, lima beans • <u>NO CORN</u> 	<p>Vegetables:</p> <ul style="list-style-type: none"> • Raw or steamed vegetables • Vegetables with seeds • Winter squash, peas, broccoli, Brussels sprouts, cabbage, onions, cauliflower, baked beans, peas and CORN
<p>Fruits:</p> <ul style="list-style-type: none"> • Strained fruit juice • Canned fruit juice • Canned fruit, except pineapple • Ripe bananas • Melons 	<p>Fruits:</p> <ul style="list-style-type: none"> • Prunes and prune juice • Raw or dried fruit • All berries, figs, dates and raisins
<p>Milk/Dairy:</p> <ul style="list-style-type: none"> • Milk, plain or flavored • Yogurt, custard, and ice cream • Cheese and cottage cheese 	<p>Milk/Dairy:</p> <ul style="list-style-type: none"> • Yogurt with nuts or seeds
<p>Fats, Snack, Sweets, Condiments, and Beverages:</p> <ul style="list-style-type: none"> • Margarine, butter, oils, mayonnaise, sour cream and salad dressing • Plain gravies • Sugar, clear jelly, honey, and syrup • Spices, cooked herbs, bouillon, broth, and soups made with allowed vegetables • Coffee, tea, and carbonated drinks • Plain cakes, cookies, crackers, chips and candy • Gelatin, plain puddings, custard, ice cream, sherbet, popsicles 	<p>Fats, Snack, Sweets, Condiments, and Beverages:</p> <ul style="list-style-type: none"> • Nuts, seeds, and coconut • Jam, marmalade, preserves • Pickles, olives, relish and horseradish • All desserts containing nuts, seeds, dried fruit, coconut, or made from whole grains • Candy made with nuts or seeds • Popcorn • Crackers and snack chips made with whole grains or seeds
<p>Meat and other proteins:</p> <ul style="list-style-type: none"> • Well-cooked tender beef, lamb, ham, veal, pork fish, poultry and organ meats. • Eggs • Peanut butter without nuts 	<p>Meats and other proteins:</p> <ul style="list-style-type: none"> • Dry beans, peas and lentils • Peanut butter with nuts • Tofu

Tips for Colon Cleansing

- **DO NOT** use over the counter hydrocortisone creams or hemorrhoid treatments. They may cloud the scope lens and make the test inaccurate. You may want to purchase alcohol free baby wipes or tucks wipes to ease anal irritation.
- Set a timer for every 10-30 minutes (timing depends on your prep instructions); drink the whole glass quickly. The action of this preparation is partly a “flushing” or “dumping” syndrome: if it goes in quickly (dumping it in), it will aid in the colon cleansing.
- Even if you are sitting on the toilet, continue to drink every 10-30 minutes (depending on your prep instructions).
- Expect that you will be uncomfortable until the stool has cleared from your bowel.
- If you experience nausea or vomiting, rinse your mouth with water, take 15 to 30 minute break and then continue drinking the prep solution.
- Eventually your stools will be liquid, and clear enough so that you can see the bottom of the toilet. Continue drinking until the solution is gone.