

**INSTRUCTIONS FOR COLONOSCOPY PREPARATION  
WITH MIRALAX & DULCOLAX**

**1 WEEK BEFORE PROCEDURE:**

- Please read all the instructions at least 7 days before your colonoscopy.
- You will need to obtain an 8.3 oz container of Miralax and 5 Dulcolax (Bisacodyl) 5 mg tablets. These can be purchased without a prescription at your local pharmacy.
- Stop aspirin, anti-inflammatory drugs (ibuprofen, Advil, Aleve, etc.), Vitamin E and iron one week prior to exam. Tylenol, Celebrex, and Bextra are okay to continue. If you are taking Coumadin, Plavix, or Aggrenox, make sure your physician is aware.

**2 NIGHTS BEFORE PROCEDURE:**

- Take 1 Dulcolax tablet around 8:00 pm.

**DAY BEFORE PROCEDURE:**

- Drink only “clear liquids” for the entire day (no solids or milks products).
- Clear liquids include: water, fruit juices (apple, white grape, white cranberry, lemonade), clear broth or bouillon, soft drinks, Gatorade, Kool-Aid (not red or purple), coffee, tea, beer, white wine, Gummy Bears, Life Savers, Jello, Popsicles (not red or purple) and orange or lime sherbet.
- Take 4 Dulcolax tablets at 4:00 pm.
- Between 4:00 pm and 6:00 pm start the Miralax prep. Mix 1 capful of Miralax in 8 oz of Gatorade or a clear liquid of choice and drink. Repeat this every 15-30 minutes for a total of 8 doses.  
Note: Individual responses to laxatives may vary. This may cause multiple bowel movements within 30 minutes or may take several hours. Remain within easy reach of toilet facilities.  
Key: Eat light for 2 to 3 days before the exam. This will make your preparation easier. Drink plenty of liquids. The more you drink, the better the prep and less chance for dehydration. It is okay to start your prep earlier than 4:00 pm if you are at home.

**DAY OF PROCEDURE:**

- You may have one 8 oz glass of water the morning of your exam.
- Otherwise, have nothing to eat or drink after midnight.
- If you do not think you are “cleaned out” you may take an extra dose of Miralax or use a Fleet enema the morning of the exam.
- You may brush your teeth, rinse with mouthwash and take medications with water.
- **YOU MUST HAVE SOMEONE TO DRIVE YOU HOME; YOU CANNOT DRIVE AT ALL THAT DAY.**
- **DO NOT BRING ANY VALUABLES WITH YOU AND WEAR COMFORTABLE CLOTHING.**
- You can expect to be at The Northeast Endoscopy Center for 1 ½ hours.

## HELPFUL HINTS FOR YOUR COLONOSCOPY

**LOW FIBER DIET: 2 days before exam** stay on a low fiber diet – cut back on how much you eat

**Soups:** Broth, cream soups, tomato, chicken and white rice, noodles

**Meats/Protein:** Any soft or easy to chew meat or fish.

**Vegetables:** Potatoes with skin, tomatoes and tomato juice, beets, carrots, mushrooms, pumpkin, yellow squash, turnip greens, spinach (cooked), asparagus tips.

**Fruits:** All juices without pulp, cooked or canned fruits applesauce, apricots, pears, cherries, peaches, bananas, citrus fruit without membrane.

**Cereal:** Refined, cooked or ready to eat oatmeal.

**Starches:** Biscuits, rolls, crackers or bread made from white flour, plain doughnuts or English muffins, plain macaroni noodles or spaghetti, white rice, plain waffles or pancakes, saltines.

**Cheese/Eggs:** Cottage cheese, cream cheese, mild cheese such as American or Swiss. Yogurt without fruit. All eggs except fried.

**Desserts:** Plain cake, cookies, gelatin, ice cream, pudding, sherbet, pie made from allowed foods.

**Beverages:** Limit milk to two cups a day, carbonated beverages, coffee, tea, fruit-flavored drinks.

**Fat:** Crisp bacon, butter, cream, margarine, mayonnaise, oils, shortening, smooth salad dressing, sour cream.

**LIQUID DIET: Day before exam** stay on clear liquids only. **No Solid Foods.**

**Soups:** Clear consommé', bouillon, broth or Ensure Clear.

**Beverages:** Tea, coffee, carbonated drinks, water, Kool-Aid (no red or purple), beer white wine, Gatorade (no red or purple).

**Juices:** White cranberry (no red or purple), apple, strained lemonade, white grape.

**Desserts:** Gelatins, popsicles (no red or purple), Gummy Bears, Life Savers, orange sherbet. No milk products (but you can use milk or cream in your coffee).

**Follow your instructions about taking the laxative preparation.**

**\*\*\*Morning of Exam\*\*\***

- Drink one 8 oz glass of water or clear liquid of choice 2 hours before exam.
- You cannot drive or work the day of exam.
- You must have a driver.
- Stop aspirin, Plavix or any other blood thinner 5 days prior to the exam.
- Let our office know when scheduling if you are on diabetic medications.