

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 8.3oz container of Miralax and 5 Dulcolax (Bisacodyl) 5mg. 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 8:00p.m.

DAY BEFORE PROCEDURE:

- Drink only “clear liquids” for the entire day (no solids or milk 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 4:00p.m.
- Between 4:00 and 6:00pm start the Miralax prep. Mix 1 capful of Miralax in 8oz 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 2-3 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 4:00pm if you are at home.

DAY OF PROCEDURE:

- 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.

KEEP HYDRATING WITH CLEAR LIQUIDS UNTIL MIDNIGHT BEFORE PROCEDURE* NOTHING TO DRINK MORNING OF PROCEDURE