Colonoscopy Bowel Preparation Instructions

MiraLAX™ or Polyethylene Glycol 3350 (generic)

IMPORTANT- FOLLOW THESE INSTRUCTIONS (ignore package insert instructions)

Two (2) Days Before Your Colonoscopy
Do not consume any popcorn, seeds, nuts, salad, raw vegetables, corn, beans, peas, whole grain or whole wheat breads.

One (1) Day Before Your Colonoscopy

**Begin a clear liquid diet.** Clear liquids include any liquid that you can see through. Examples are water, tea, black coffee, clear broth, apple juice, white grape juice, sodas, sports drinks such as Gatorade and Jell-O. Do not consume anything colored red. **Do not consume any solid foods or dairy products.**

**At 4 PM,** take 2 Bisacodyl tablets with water.

**Beginning at 6 pm,** mix the entire 238 gram container of MiraLAX powder with either 2 quarts of Gatorade (not red colored), Crystal Light™ or water.

**Drink 8 ounces of the prep solution every 15 minutes until approximately ½ of the prep solution is consumed.** Keep drinking the solution on schedule even though the laxative action may not begin for 2-3 hours.

At 9 pm, take 2 simethicone anti-gas chewables or soft gels (such as Gas-X, Mylanta Gas, Maalox Anti-Gas, or similar products) with 8 ounces of clear liquid. The simethicone medication reduces bubble formation in your colon and improves exam quality.

At 10 pm, take 2 additional simethicone doses with 8 ounces of clear liquid. Anal irritation or hemorrhoid inflammation may occur while taking the prep solution. If this happens, you may want to treat with Vaseline, hemorrhoid cream, baby wipes, Tuck’s pads or similar remedies.
Day of Your Colonoscopy

Take any morning medications with sips of clear liquid at the usual time. **4-5 hours before your scheduled arrival time, drink remaining preparation.** Drink 8 ounces every 10 minutes until the solution is completely gone. Be sure to finish 2 hours before your scheduled procedure.

Do not eat any food before your exam! You can continue to drink clear liquids **until 2 hours before your procedure.** Do not chew gum or hard candy within 2 hours of your procedure.

OTHER IMPORTANT COLONOSCOPY BOWEL PREPARATION INSTRUCTIONS

Two (2) Days Before Your Colonoscopy

If you move your bowels two times per week or less or, use a laxative more than twice a month, take 4 tablespoons of milk of magnesia at bedtime.

One (1) Day Before Your Colonoscopy

If you have diabetes, be sure you know how your primary care doctor wants you to adjust your insulin or other diabetic medications.

Avoid all alcoholic beverages.

Remain well-hydrated by drinking at least 8 ounces (one cup) of clear liquid every hour between 10 am and 5 pm.