







# Surgical Associates of Neenah and Gastroenterology

## Colonoscopy Prep Instructions – MiraLAX/Dulcolax

**PLEASE READ ALL INSTRUCTIONS CAREFULLY**

5-7 DAYS PRIOR	3 DAYS PRIOR	TWO NIGHTS PRIOR	ONE DAY PRIOR	THE DAY OF PROCEDURE
<p><b>PURCHASE THE FOLLOWING</b> – No prescription needed:</p>  <ul style="list-style-type: none"> <li>✓ <u>Dulcolax(bisacodyl) 5mg laxative tablets</u> One box – NOT suppositories</li> <li>✓ <u>MiraLAX (polyethylene glycol)</u> One bottle 8.3 oz. (238 gram)</li> <li>✓ <u>64 oz. of Gatorade Zero</u>, or any non-carbonated, sugar free clear liquid (Iced Tea, Crystal Light, Powerade Zero). Zero or Low Sugar liquids are preferred. Select blue, yellow, or clear flavors – <b>no purple, green, or red.</b></li> <li>✓ <u>Clear liquids -See page 2</u></li> </ul>  <p>Please be sure to review medication holds given in your instructions.</p>	<p><b>STOP</b> consuming all high fiber foods/roughage.</p> <ul style="list-style-type: none"> <li>• NO raw vegetables</li> <li>• NO corn (raw or cooked)</li> <li>• NO whole wheat or high fiber breads</li> <li>• NO nuts or popcorn</li> <li>• NO bran or bulking agents</li> </ul>	<p><b>At 8:00 PM</b> Take 4 Dulcolax tablets by mouth with an 8-oz glass of water.</p>  <p><u>Confirm that you have a driver 18 years or older to drive you home the day of the procedure.</u> <u>A taxi/bus/Uber/Lyft are NOT allowed unless you are accompanied by a family member or friend.</u></p> <p>Please contact our office if you need assistance.</p>	<p><b>NO SOLID FOOD</b> <b>NO ALCOHOL</b> <b>CLEAR LIQUID DIET ALL DAY</b> <b>AVOID</b> anything red, green, or purple in color. <b>NO</b> milk products or non-dairy creamer.</p> <p><b>SEE LIST OF CLEAR LIQUIDS ON PAGE 2</b></p> <p>Step 1. Take in plenty of clear liquids throughout the day today.</p>  <p>Step 2. Mix 238 gram bottle of MiraLAX with 64 oz of clear liquid. (see first column)</p>  <p>Step 3. Start the prep as soon as able, no later than 6pm. Drink an 8 oz glass every 10-15 minutes until gone.</p>  <p><b>If you experience nausea or vomiting, take a break. Wait 45 minutes and then resume drinking the prep. If necessary, let your stomach settle between glasses.</b></p>	<p><b>NOTHING TO EAT OR DRINK</b></p> <p>Except you may take medications as instructed with small sips of water. Pay close attention to the medications listed to <b>HOLD</b> today.</p> <p><b>Eating or Drinking liquids today will cause your procedure to be cancelled or postponed.</b></p> <p><b>THINGS TO BRING WITH YOU!</b></p> <ul style="list-style-type: none"> <li>✓ A RESPONSIBLE DRIVER, 18 YEARS OR OLDER</li> <li>✓ YOUR INSURANCE CARDS</li> <li>✓ A PHOTO ID</li> </ul>

## CLEAR LIQUIDS – No RED, GREEN, or PURPLE



- Gatorade, PowerAde or other electrolyte drinks
- Clear broth or bouillon – chicken, beef or vegetable
- Black Coffee or Tea
- Carbonated and Non-Carbonated Soft Drinks
- Kool-Aid or Crystal Light
- Fruit Juice (Apple, White Grape)
- Jello, Popsicles, or Italian Ice

## DON'T FORGET - these foods are NOT ALLOWED!



- × Milk or milkshakes
- × Cream or non-dairy creamer
- × Orange, Grapefruit or Tomato Juice
- × Creamed Soups or any soup other than broth
- × Oatmeal, Cream of Wheat
- × Applesauce

## Colon Cleansing Tips

- ✓ If you experience nausea or vomiting, rinse your mouth with water and take a break 😊 Wait 45 minutes and then resume drinking the prep. If necessary, slow down, let your stomach settle between glasses.
- ✓ You may use baby wipes, skin protectant such as petroleum jelly, or tucks pads as necessary for skin irritation. Be sure to get alcohol free!
- ✓ Stay near the toilet! You will have diarrhea, which can be quite sudden...this is normal!
- ✓ It is common to experience abdominal discomfort until the stool has flushed from your colon.
- ✓ Eventually your stools will be liquid, and clear enough to see the bottom of the toilet.
- ✓ If you feel for any reason your prep is not working, please note it may take 2-3 hours to see results after drinking the prep.
- ✓ **EVEN AFTER STOOLS BECOME CLEAR YELLOW LIQUID – PLEASE CONTINUE DRINKING ALL OF THE PREP!**