

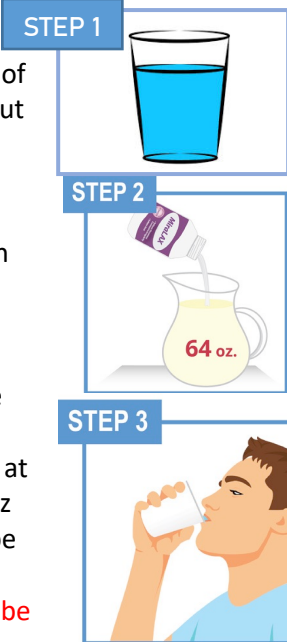


Surgical Associates of Neenah and Gastroenterology

Colonoscopy Prep Instructions – MiraLAX

PLEASE READ ALL INSTRUCTIONS CAREFULLY

5-7 DAYS PRIOR	3 DAYS PRIOR	ONE DAY PRIOR	THE DAY OF PROCEDURE
<p>PURCHASE THE FOLLOWING – No prescription needed:</p> <div data-bbox="174 415 470 540">  </div> <ul style="list-style-type: none"> ✓ <u>MiraLAX (polyethylene glycol)</u> One bottle 8.3 oz. (238 gram) ✓ <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 – no purple, green, or red. ✓ <u>Clear liquids – See page 2</u> <div data-bbox="233 1055 394 1125">  </div> <p>Please be sure to review medication holds given in your instructions.</p>	<p>STOP consuming all high fiber foods/roughage.</p> <ul style="list-style-type: none"> • NO raw vegetables • NO corn (raw or cooked) • NO whole wheat or high fiber breads • NO nuts or popcorn • NO bran or bulking agents <p><u>Confirm that you have a driver 18 years or older to drive you home the day of the procedure. 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>NO SOLID FOOD NO ALCOHOL CLEAR LIQUID DIET UNTIL MIDNIGHT AVOID anything red, green, or purple in color. NO milk products or non-dairy creamer.</p> <p>SEE LIST OF CLEAR LIQUIDS ON PAGE 2</p> <div data-bbox="1005 641 1560 1299">  <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. Divide mixture into 2 doses of 32 oz each. Drink first 32 oz at noon. Repeat last 32oz at 6pm. *Times may be adjusted to fit your schedule, doses must be 5-6 hours apart.</p> </div> <p>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.</p>	<p>NOTHING TO EAT OR DRINK</p> <p>Except you may take medications as instructed with small sips of water. Pay close attention to the medications listed to HOLD today.</p> <p>Eating or Drinking liquids today will cause your procedure to be cancelled or postponed.</p> <p>THINGS TO BRING WITH YOU!</p> <ul style="list-style-type: none"> ✓ A RESPONSIBLE DRIVER, 18 YEARS OR OLDER ✓ YOUR INSURANCE CARDS ✓ A PHOTO ID

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 be sure to call us so we can assist you in completing the prep process.
- ✓ **EVEN AFTER STOOLS BECOME CLEAR YELLOW LIQUID – PLEASE CONTINUE DRINKING ALL OF THE PREP!**