

Surgical Associates of Neenah

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
PURCHASE THE FOLLOWING – No prescription needed:  ✓ <u>Dulcolax(bisacodyl) 5mg laxative tablets</u> One box – NOT suppositories ✓ <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>  Please be sure to review medication holds given in your instructions.	STOP consuming all high fiber foods/roughage. • NO raw vegetables • NO corn (raw or cooked) • NO whole wheat or high fiber breads • NO nuts or popcorn • NO bran or bulking agents	At 8:00 PM Take 4 Dulcolax tablets by mouth with an 8-oz glass of water.  <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> Please contact our office if you need assistance.	NO SOLID FOOD NO ALCOHOL CLEAR LIQUID DIET ALL DAY AVOID anything red, green, or purple in color. NO milk products or non-dairy creamer. SEE LIST OF CLEAR LIQUIDS ON PAGE 2 STEP 1  STEP 2  STEP 3  Step 1. Take in plenty of clear liquids throughout the day today. Step 2. Mix 238 gram bottle of MiraLAX with 64 oz of clear liquid. (see first column) Step 3. Start the prep as soon as able, no later than 6pm. Drink an 8 oz glass every 10-15 minutes until gone. 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.	NOTHING TO EAT OR DRINK Except you may take medications as instructed with small sips of water. Pay close attention to the medications listed to HOLD today. Eating or Drinking liquids today will cause your procedure to be cancelled or postponed. THINGS TO BRING WITH YOU! ✓ 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 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!**