

Miralax And Dulcolax Bowel Prep for Colonoscopy

Your Procedure is scheduled on / / at : AM/PM

(Procedure times are subject to change. Please expect a phone call from the hospital the day prior to your scheduled procedure date with final time of arrival.)

Proper bowel cleansing is necessary for an effective colonoscopy. Stool (feces) that is not cleared out of the colon can cover up and obscure polyps, masses, and other abnormalities in the colon. This can result in need to repeat your colonoscopy.

Please follow these instructions carefully!!!

One week before your procedure

- Begin a low fiber diet
- Stop herbals, vitamins and oral iron supplements.
- Stop anti-inflammatory medications (Motrin, Advil, and Ibuprofen) Celebrex and Tylenol are ok to use.

Purchase these items from over the counter at your local pharmacy:

- 238-gram bottle of Miralax
- 64 ounces of Gatorade, Powerade, or Crystal Light Lemonade.
NO RED, ORANGE AND PURPLE LIQUIDS!
- Dulcolax (Bisacodyl) Laxative 5mg tablets

The day before your procedure

- **DO NOT EAT ANY SOLID FOODS – RESTRICT YOUR DIET TO CLEAR LIQUIDS ONLY.**

A clear liquid is any liquid you can see through. Examples are:

Water, chicken broth, apple juice, ginger-ale, Sprite, tea, black coffee (sugar allowed)

- Popsicles, Gatorade, Jell-O
- **NO RED, ORANGE, BLUE AND PURPLE LIQUIDS!**
- No Alcohol
- Drink at least 8 glasses of water throughout the day. Drink at least 8 ounces every hour while you are awake. **Gatorade is preferred.**
- Mix ½ of the Miralax 238-gram bottle in EACH 32 ounce Gatorade bottles until dissolved and keep cold in the refrigerator.
- At 4pm take 4 Dulcolax tablets with water and continue clear liquids.
- At 6pm begin to drink first bottle of Gatorade/Miralax solution at a rate of 8 ounces every 15-30 minutes (over 1-2 hours) until the first bottle is gone.
- Continue clear liquids until you go to bed.

You may apply a petroleum-based product or diaper rash ointment to the rectal area if you experience discomfort from frequent stools.

The day of your procedure

- 5-6 hours prior to arriving drink second bottle of Gatorade/Miralax solution at a rate of 8 ounces every 15-30 minutes (over 1-2 hours) until the second bottle is gone.
- You may have your essential morning medication with a sip of water.
- 3 hours prior to the procedure stop drinking liquids and do not have anything else by mouth until after your procedure.
- **Please arrive to the hospital main entrance front desk 1 hour prior to your scheduled procedure time to begin the registration process. You can plan to be at the hospital for 2-4 hours.**

What to bring the day of the procedure

- Insurance card
- Photo ID
- Complete list of medications
- Name and address of all physicians you want to receive a copy of your procedure report.
- Wear loose comfortable fitting clothes that are easy to take on and off. Do not wear jewelry or bring any valuable belongings.
- Please have a responsible driver. This driver must be a family member or friend. No Taxi, Uber, Lyft or Public Transportation is allowed. Due to sedation being given for the procedure, you will not be able to drive, operate heavy machinery, do any heavy lifting, make any important decisions, sign any legal documents, or return to work for the rest of the day. You may resume all normal activities the day after your procedure, unless otherwise instructed by your physician.

After the procedure

- You may resume a regular diet, unless otherwise instructed by your physician.
- Your physician will discuss the results of your procedure with you in the recovery area once you are fully awake.

Special Conditions

- **Diabetic patients:** Please check with your physician regarding which medications you may take the day before and the morning of your procedure. In general, it is advised to stop any oral diabetes medications and insulin the morning of your procedure. Bring all diabetes medications with you to take after the procedure is over, once you have resumed a regular diet.
- **Blood thinners:** Ask your physician about how to take aspirin, Plavix (clopidogrel), Coumadin (warfarin), Lovenox, heparin, or any other blood thinners before and after your procedure.

If you have any questions, please call the office at: 630-312-2590

For questions you may have after hours please call the same number and select the option to page the physician on-call. A physician is on-call 24 hours a day 7 days a week to answer any questions or concerns you have.