

# COLONOSCOPY PREP INSTRUCTIONS (PM exam)

## Miralax (same as Glycolax)

You will need to purchase these items below-these are all over the counter and you can find listed options of alternatives on the back of this sheet.

Miralax bottle (238 grams or 8.3 ounces)

(4) Dulcolax or bisacodyl tablets (5 milligram tablets)

(2) 32 oz. bottles of re-hydration (sports) drink except no red drinks (See back of this sheet for list of brands to choose from)

### **DAY ONE = one day prior to colonoscopy appointment**

<b>7:00 am-10:00 am</b>	You may have a light breakfast within this time. For example: Toast and Egg or cereal are ok.
<b>10:00 am</b>	Begin clear liquid diet (list on back) Absolutely <b>NO</b> food or alcohol <b>after</b> 10:00 am.
<b>10:00 am</b>	Take 2 dulcolax tablets with water
<b>3:00 pm</b>	Take remaining 2 dulcolax tablets with water (do not crush or chew and do not take within 1 hour of taking an antacid)
<b>4:00 pm</b>	Mix the bowel prep powder with both bottles of sports re-hydration drink. Before mixing, pour bowel prep powder in an empty pitcher or container and add re-hydration drink. Chill if desired.
<b>6:00 pm</b>	Start to drink the first dose of bowel prep (1/2 of mixed solution in pitcher). Drink (1) 8oz. glass every 15 minutes over a one hour period. Drink each glass quickly rather than drinking small amounts continuously. Continue to drink clear liquids the remainder of the evening.

### **DAY TWO = day of colonoscopy exam**

<b>7:00 AM</b>	Begin drinking the second ½ of bowel prep (2 <sup>nd</sup> bottle of rehydration drink). Drink over a 1 hour period, finishing by 8:00 am.
1.	Starting 2 hours before your colonoscopy, stop <b>ALL</b> fluids. Take nothing (NO FOOD OR DRINK) by mouth.
2.	For use of your medications, refer to the orange medication instruction sheet enclosed.
3.	Call (585) 461-2498 if you have any questions regarding any of these instructions.
4.	Arrive at your assigned time.

**\*\*We encourage clear liquid intake up to 2 hours before your procedure time\*\***