

## **COLONOSCOPY PREP INSTRUCTIONS (AM 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</b>	Begin clear liquid diet (list on back). Absolutely <b>NO</b> solid food or alcohol
<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>5:00 pm</b>	Start to drink the Miralax. Drink (1) 8oz. glass every 15 minutes over a two 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**

1.	Starting two hours before your colonoscopy exam, stop <b>ALL</b> fluids. Take nothing (No Food or Drink) by mouth.
2.	For use of your medications, refer to 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\*\***

**CLEAR LIQUIDS (NO ALCOHOL): \*Do not drink any liquid that is RED\***

- Water
- Clear juices (apple, white grape juice, orange drink, white cranberry juice)
- Black coffee or tea (no creamers) sugar OK
- Bouillon or clear broth
- Soda pop (Sprite, Ginger-ale, Mountain Dew), Gatorade (no red)
- Jell-o (no red), popsicles (no red), Lemon Ice

**BOWEL PREP TABLETS: (any of these brands)**

*These are the PILLS to take at the start of your bowel prep*

- Bisacodyl (Generic)
- Dulcolax
- Dulcogen
- Alophen
- Bisco-lax
- Carters Little Pills
- Colax
- Fleet Bisacodyl
- Modane

**DO NOT USE STOOL SOFTENERS**

**RE-HYDRATION (SPORT) DRINKS: Two 32 oz bottles \*NO RED DRINKS\***

*This is the liquid used to mix with the powder (below)*

- Powerade (contains less sugar than Gatorade)
- Powerade zero (even less sugar, best for diabetics)
- G2 (same amount of electrolytes as Gatorade, just less calories)
- W-sport drink (Wegmans brand)
- AllSport
- HydraLife powder
- Gatorade

**BOWEL PREP POWDER**

*This is the powder to mix with the liquid (above)*

- Glycolax
- PureLax
- ClearLax
- Miralax

**Please Note:**

- Please wear socks as it sometimes can get cool in the procedure room.
- No nail polish on fingers only (you do not need to remove acrylic nails). The nail polish may interfere with the oxygen sensor that is placed on your finger.
- Diabetics may use Powerade Zero as it contains less sugar than regular Powerade.