

COLONOSCOPY PREP INSTRUCTIONS (AM exam)

Miralax (same as Glycolax)

You will need to purchase:

- Bowel Prep Powder – such as Miralax – need a **238 gram (8.3 ounce)** bottle
- (4) Bisacodyl laxative tablets (**5 milligram tablets**) (See back of this sheet for list of brands to choose from)
- (2) 32 oz. bottles of re-hydration (sports) drink – nothing red (See back of this sheet for list of brands to choose from)

DAY ONE = one day prior to colonoscopy appointment

7:00 am	Begin clear liquid diet (list on back). Absolutely NO solid food or alcohol
10:00 am	Take 2 bisacodyl laxative tablets with water
3:00 pm	Take remaining 2 bisacodyl laxative tablets with water
4:00 pm	Combine the 238 gram bottle (or 8.3oz.) of bowel prep powder into an empty pitcher along with (2) 32 oz. bottles of rehydration (sports) drink. Mix and chill if desired.
5:00 pm	Start to drink the bowel prep mixture. Drink (1) 8oz. glass every 15 minutes over a two hour period. Drink each glass quickly rather than drinking small amounts continuously.
7:00 pm	Continue to drink clear liquids the remainder of the evening to stay hydrated.

DAY TWO = day of colonoscopy exam

1.	Continue to drink clear liquids until 2 hours before your colonoscopy. 2 hours before your colonoscopy, stop ALL fluids and 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.

**** Drink plenty of clear liquids during this preparation process, as this will help improve the tolerance and effectiveness of the preparation and prevent dehydration****

Updated 8/19

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

- Water

- Clear juices (apple, white grape juice, 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

LAXATIVE TABLETS: (any of these brands)

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

- Bisacodyl is the generic drug name of the laxative pills. You can buy the generic store brands of this drug in Walmart, Wegmans, Walgreens, etc.
- Some other brand names for Bisacodyl tablets are:
 - Dulcolax
 - Dulcogen
 - Alophen

DO NOT BUY STOOL SOFTENERS

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

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

- Gatorade
- Powerade (contains less sugar than Gatorade)
- G2 (same amount of electrolytes as Gatorade, just less calories)
- MVP sports drink-Wegmans brand
- Pedialyte

For diabetic patients, low sugar options:

- Powerade zero
- MVP 2 sports drink-Wegmans brand
- Propel Electrolyte Water

BOWEL PREP POWDER

This is the powder to mix with the re-hydration sport drink (above)

- Miralax
- PureLax
- ClearLax
- Glycolax

Please Note:

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