

COLONOSCOPY PREP INSTRUCTIONS (PM 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-10:00 am	You may have a light breakfast within this time frame. For example: Toast and Egg or cereal are ok.
10:00 am	Begin clear liquid diet (list on back) Absolutely NO food or alcohol after 10:00 am.
10:00 am	Take 2 bisacodyl laxative tablets with water
3:00 pm	Take remaining 2 bisacodyl laxative tablets with water
4:00 pm	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 sports drinks . Chill if desired.
6:00 pm	Start to drink the first dose of bowel prep (First bottle of re-hydration drink). Drink (1) 8oz. glass every 15 minutes over a one hour period. Drink each glass quickly rather than drinking small amounts continuously.
8:00 pm	Continue to drink clear liquids the remainder of the evening to stay hydrated.

DAY TWO = day of colonoscopy exam

7:00 am	Begin drinking the second dose of bowel prep (2 nd bottle of rehydration sports drink). Drink over a 1 hour period, finishing by 8:00 am.
8:00 am	Continue to drink clear liquids until 2 hours before your scheduled procedure time. 2 hours before your colonoscopy, stop ALL fluids and take nothing (NO FOOD OR DRINK) by mouth.
1.	For use of your medications, refer to the orange medication instruction sheet enclosed.
2.	Call (585) 461-2498 if you have any questions regarding any of these instructions.
3.	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****

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), sports drink (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 bowel prep 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 – NEED 238 GRAM (8.3 OUNCE) BOTTLE

This is the powder to mix with the re-hydration sports 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.