

Preparing for your Colonoscopy using Miralax (OTC) and Bisacodyl Tablets

IMPORTANT: Please read these instructions at least 2 weeks prior to your colonoscopy.

Bowel Preparation

A successful colonoscopy depends on the bowel prep to cleanse the colon so that the physician can clearly view the colon. It is very important that you read and follow all the instructions provided to you well in advance of the procedure to insure an adequate prep. Without proper preparation, the colonoscopy will not be successful and the test may have to be repeated.

You will need to purchase a 238 gm. bottle of Miralax (OTC) and four (4) Bisacodyl tablets, at any pharmacy prior to your procedure. (These are non-prescription laxatives.)

A responsible adult must drive you home. The medication given during your procedure causes drowsiness, making it unsafe for you to drive or operate machinery.

Your driver **MUST REMAIN IN THE FACILITY** until your procedure is complete.

Five (5) Days Before the Procedure

DO NOT take bulk-forming agents (such as Metamucil, Citrucel, Benefiber, etc.)

DO NOT take iron-containing preparations (such as multi-vitamins containing Iron.) These products may make it more difficult to see the colon.

DO NOT take aspirin or aspirin containing medication (such as Excedrin or Bufferin).

DO NOT take any other blood thinners as directed. Coumadin (warfarin), Plavix (clopidogrel), Ticlid (ticlopidine hydrochloride), Agrylin (anagrelide), Xarelto.

Purchase the Miralax (OTC) and Bisacodyl tablets at your local pharmacy or drugstore.

Two (2) Days Before the Procedure

DO NOT eat peas, beans, corn, popcorn, nuts, seeds (sesame, poppy), multigrain bread, salads, cheese or high fiber foods for two (2) days prior to the procedure.

DO NOT take anti-inflammatory medications such as Motrin, Advil (ibuprofen), or Aleve (Naproxen).

One (1) Days Before the Procedure

DO NOT eat solid food. It is essential to drink at least 8 ounces of clear liquids, every hour after awakening to prevent dehydration. **DRINK! DRINK! DRINK!**

Clear liquids includes: Water, coffee, tea, Kool-Aid, carbonated beverages (Coke, Pepsi, and diet, etc. **NO RED!**). Jell-O-O, sherbet, fruit ice, popsicles, clear broth, bullion, clear fruit juices, Crystal Light, Special K. Clear protein drink, Propel, Gatorade, and hard candy.

NOTE! AVOID RED-COLORED drinks, Jell-O or popsicles.

When to Begin Prep

ALL PATIENTS

3:00 PM Take four (4) Bisacodyl tablets with any clear beverage.

4:00 PM Mix 238 gm. (1 Bottle) of Miralax (OTC) in 64 ounces of Gatorade. Start drinking at 4:00 pm and drink over 2-3 hours.

Day of the Procedure

Upon awakening, you should continue drinking 8 oz. of clear liquids until 4 hours prior to your appointment. At that point, take nothing further by mouth.

Take all medications on the day of your procedure with a small sip of water in the morning.

****If you are Asthmatic, please bring your rescue inhaler with you.**

****If you are diabetic, please DO NOT take your medication. Test your blood sugar prior to your visit. Bring your results and medication with you.**

DO NOT stay home alone, operate heavy machinery, drive a vehicle or make legal decisions following your procedure for the remainder of the day. You may resume your normal activities the following day.

If you are unable to keep your appointment, please contact our office 72 hours prior to your appointment. If you have any questions, please call 607-324-4134.



238gm Bottle of Miralax



Box of 5mg Dulcolax/Bisacodyl tablets

You can purchase the generic/off brand. It will work just as well!