

2- Day Colonoscopy Preparation MiraLAX/MiraLAX

****Please read all of the following instructions for your colon preparation at least 1-2 weeks prior to your procedure.**

Do not take this preparation if you have kidney disease, liver disease (cirrhosis), or heart failure.

WHAT IS A COLONOSCOPY: The procedure consists of a fiber optic scope that examines the interior portion of the bowel (large intestine). Images from the scope are transmitted to a monitor. A light sedation is given so patients are comfortable during the procedure. You will need to bring someone with you to stay for the procedure and drive you home.

PREPARATION & REMINDERS

If you are taking any blood thinners, you must notify your primary doctor about our recommendations of not taking any blood thinners prior to the colonoscopy.

PURCHASE ITEMS FROM THE PHARMACY/GROCERY STORE

1. 2 bottles of MiraLAX (8 oz. each or 28 doses total)
2. 2 Gatorades, sports drink, or crystal light (128 oz. total)
3. Simethicone/anti-gas chewables or soft gels (such as Gas-X or Simethicone)
4. 4 Biscacodyl 5mg. tablets (non-prescription- Dulcolax)
5. Desitin or A&D ointment for a skin barrier (optional)

TWO DAYS BEFORE THE COLONOSCOPY

1. You may consume a **FULL LIQUID DIET**. (Dairy and smoothies are ok.)
2. At **5 p.m.** pour (**8 oz. or 14 doses**) of MiraLAX into your choice of 64 oz. sports drink. Begin drinking the MiraLAX solution as directed: **8 oz. every 10-15 minutes until all of the container is gone.**
3. You will have consumed several glasses before having your first loose, watery bowel movement. Initially, you may experience some symptoms of cramping and bloating, but these symptoms will subside as you continue to have bowel movements.
4. **Stay hydrated by drinking plenty of full liquids until bedtime.**

ONE DAY BEFORE THE COLONOSCOPY

1. Drink only **CLEAR LIQUIDS** the entire day. Clear liquids consist of water, juices without pulp, Gatorade, tea, black coffee, bouillon, broth, soda pop, plain Jell-O, or popsicles. **Do NOT consume any solid food, dairy products, or alcohol today. Do NOT drink any red, blue, or purple liquids.**
2. At **5 p.m.** pour (**8 oz. or 14 doses**) of MiraLAX into your choice of 64 oz. sports drink, and take 2 Dulcolax tablets. Begin drinking the MiraLAX solution as directed: **8 oz. every 10-15 minutes until ¾ of the container is gone.**
3. At **7 p.m.** take 2 Simethicone/anti-gas chewables or soft gels with 8 ounces of water.
4. At **8 p.m.** take another 2 Simethicone chewables or soft gels with 8 ounces of water.
Simethicone has been shown to increase your doctor's ability to find and remove small, precancerous polyps. Simethicone is a safe, over-the-counter medication you can take to improve the quality of your colonoscopy. Although optional, we would recommend taking it to improve the efficacy of your colonoscopy preparation.
5. At **9 p.m.** take 2 more Dulcolax tablets with 8 ounces of water.
6. You will have consumed several glasses before having your first loose, watery bowel movement. Initially, you may experience some symptoms of cramping and bloating, but these symptoms will subside as you continue to have bowel movements.
7. **Stay hydrated by drinking plenty of clear liquids until bedtime.**

MORNING OF THE COLONOSCOPY

1. **Six hours** before coming to the procedure, finish the remaining **MiraLAX solution (8 oz. every 10-15 minutes)**. Drink 2-3 glasses of water following the MiraLAX solution.
NOTHING BY MOUTH AFTER THIS LAST DOSE.
2. **Successful colon preparation** is the elimination of all stool and sediments from the bowel. The stool secretions should resemble a urine appearance.
3. You may take a small amount of water with any blood pressure or seizure medications **four hours** before arriving to your scheduled appointment. All other medications can be taken after the procedure.

All clear liquids should be stopped 4 hours before your appointment.

PLEASE NOTIFY THE ENDOSCOPY DEPARTMENT

1. If you were unable to complete the colon preparation, we may need to reschedule your procedure.
2. If you have any questions regarding the colonoscopy preparation, call us at Revere Health Endoscopy Scheduling, 385-203-1150

