

Colonoscopy Prep Instructions – Extended

96 oz fluid (with MiraLAX)

A Colonoscopy is an examination of the colon (large bowel) with a flexible lighted tube about the size of your ring finger which transmits a live color image onto a television screen. A good bowel prep is essential for an accurate and successful procedure. These instructions will help maximize the ease, safety, and success of your preparation.

Please note, you must have a responsible adult accompany you for the appointment. We ask that you also have a responsible adult at home with you following the procedure. Please be aware you **will not** be permitted to drive home by yourself or leave unaccompanied in a taxi, hotel shuttle or Uber.

Prior to your Colonoscopy you will need to purchase the following items:
(These items may be found at a pharmacy or grocery store.)

- MiraLAX OTC (or generic equivalent): one 238-gram bottle and one 119-gram bottle.
- Dulcolax tablets: (Two 5 mg tablets, may also use generic Bisacodyl tablets)
- At least 96 oz of an electrolyte drink of your choice – NO red or purple. *Please see FAQs for bottle-size examples.
 - Pedialyte
 - Powerade (light-colored flavors only)
 - Coconut water (no pulp)
 - Clear Propel or Vitamin Water/Zero
 - Gatorade / G2
 - Homemade electrolyte drink. 12 c. (96 oz) water, $\frac{3}{4}$ t. sea salt, 6 T. strained lemon juice, 3-6 T. honey
- Clear liquids of choice:
 - Apple juice, white grape juice (no pulp)
 - Broth or bouillon (no noodles or solids)
 - Lemon-lime or clear sodas (Sprite, 7Up)
 - Tea, coffee, or cola (no cream or milk)
 - Popsicles (no red or purple)
 - Jell-O (no red or purple)
- Having a pitcher is also helpful (2 quart or larger)

Three Days Before the Colonoscopy

Begin a low-fiber diet. Avoid seeds, nuts, raw fruits/veggies, cheese, and whole grains.

You CAN eat:

- White bread, plain bagels, white rice or pasta
- Peeled, cooked vegetables (no corn)
- Lean meats: chicken, turkey, fish
- Eggs, tofu
- Clear broth soups
- Bananas, applesauce, canned peaches (no skins)

Two Days Before the Colonoscopy

Clear liquid diet ONLY – No solid food.

Allowed clear liquids:

- Water
- Apple juice, white grape juice (no pulp)
- Broth or bouillon (no noodles or solids)
- Lemon-lime or clear sodas (Sprite, 7Up)
- Tea, coffee, or cola (no cream or milk)
- Popsicles (no red or purple)
- Jell-O (no red or purple)
- Electrolyte drink of choice:

- Pedialyte
- Powerade (light-colored flavors only)
- Coconut water (no pulp)
- Clear Propel or Vitamin Water/Zero
- Gatorade / G2
- Homemade electrolyte drink

Prepare the **first** round of prep solution (electrolyte mixture)

- Mix 1 full 8.3 oz bottle (238g) of MiraLAX into 60 oz of electrolyte drink of your choice.
- Mix well until dissolved.
- Chill the mixture in the fridge for a better taste.

One Day Before the Colonoscopy

Continue the clear liquid diet – No solid food.

Evening Before the Colonoscopy

- Between 4:00-6:00 pm, take 2 Dulcolax tablets with a full glass of water.
- 6:00 PM: Begin drinking the first portion of the MiraLAX/electrolyte mixture. Drink 8-12 oz of the mixture every 15–20 minutes until finished.
- Expect frequent, loose bowel movements within 1–3 hours.

Prepare the **second** portion of prep solution (electrolyte mixture)

- Mix the remaining 119-gram bottle of MiraLAX into the remaining 36-40 oz of electrolyte drink of your choice.
- Mix well until dissolved.
- Chill the mixture in the fridge for a better taste.

Day of the Colonoscopy

**** Nothing by mouth within 3 hours of your procedure or it may be canceled. ****

Six hours before procedure:

- Begin drinking the second portion of the MiraLAX/electrolyte mixture. Drink 8-12 oz of the mixture every 15–20 minutes until gone.
- Continue clear liquids until 3 hours before your procedure time.
- Cardiac, blood pressure or seizure medication may be taken with small sips of water, up to 3 hours prior to the procedure.
- No chewing gum, hard candy or chewing tobacco.

Important:

- Nothing by mouth (NPO) 3 hours before your procedure time.
- If you have COPD and/or asthma, please use your inhaler the day of the procedure and bring it with you the day of the procedure. Additionally, if you use supplemental oxygen, please bring your portable tank.
- Due to the sedation, you will not be permitted to drive home by yourself or leave unaccompanied in a taxi, hotel shuttle or Uber. You must have a driver or companion available.

Quick Overview: Daily Schedule

Day	Instructions
3 days before procedure	Low-fiber diet
2 days before procedure	Clear liquid diet only
1 day before procedure	Clear liquid diet only
Evening before procedure	Dulcolax and start MiraLAX (first portion)
4–6 hours before procedure	Finish MiraLAX (second portion)
Procedure day	Nothing by mouth 3 hours before procedure

Frequently Asked Questions:

Q: What size bottles of electrolytes should I get?

A: A total of 96-100 ounces. For example, Gatorade may be purchased in 12 oz or 20 oz bottles. Eight 12 oz bottles could be used totaling 96 ounces. 5 of these would be mixed with 238 grams of the MiraLAX for the first portion. The remaining 3 bottles would be mixed with 119 grams of MiraLAX for the second portion. Alternately, five 20 oz bottles could be used totaling 100 ounces. 3 bottles would be mixed with 238 grams of the MiraLAX for the first portion. The remaining 2 bottles would be mixed with 119 grams of MiraLAX for the second portion.

Q: What is a clear stool?

A: A clear stool can have a slight tint of yellow or brown. It will be completely transparent and will not contain any solid matter. At the completion of the prep, if stool remains brown or solid, please contact scheduling for instruction.

Q: I am not having bowel movements, what should I do?

A: Bowel movements can take up to 5-6 hours to start after beginning the prep. Be patient, continue to drink liquids, and proceed with the second dose of the bowel prep as directed. If you are still not seeing results, you will need to reach your physician's office after 7:00 AM for further instructions.

Q: The prep is making me nauseous, what should I do?

A: If you develop nausea or vomiting, slow down the rate at which you drink the solution. Please attempt to drink all of the laxative solution even if it takes you longer. If vomiting persists, or you are not able to finish the prep, stop the prep and call your physician's office for further instructions.

Q: Can I drink alcohol on a liquid diet?

A: No. Alcohol is not allowed as part of the liquid diet.

Q: Can I drink clear protein on a liquid diet?

A: No. Clear protein drinks may contain particles or residue that can interfere with the procedure.

Q: Why do I have to wake up so early for the second dose, why can't I take it all the night before?

A: A split prep has proven to be the most effective for a successful colonoscopy.

Q: If I weigh under 100 pounds do I need to take all of the prep?

A: The liquid amount is not weight dependent. It is important to finish the prep for a successful colonoscopy.

Q: What are some high fiber foods I should avoid?

Raw fruits and vegetables are typically high in fiber, as well as nuts, seeds, whole grain breads, beans and lentils.

Q What are some good options for low fiber foods?

A:

Grains & Starches

- White bread, plain bagels, plain white rice, plain pasta or noodles (no whole wheat), saltine crackers, cream of wheat or grits (no added fiber)

Proteins

- Tender, lean meats: chicken, turkey, pork, fish (no skin, no frying), eggs (scrambled, boiled, poached), tofu or well-cooked, skinless beans, smooth nut butters (in small amounts)

Dairy

- Milk, plain yogurt (no fruit or granola), cheese (mild, not processed with seeds or spices)

Vegetables (*Cooked and peeled only – No seeds*)

- Carrots, zucchini, potatoes, green beans, spinach

Fruits (*No skins or seeds*)

- Ripe bananas, applesauce (plain), canned peaches or pears (no skin, packed in juice), melons

Beverages

- Water, clear juices (apple, white grape), tea, coffee (no cream), soda, lemonade (no pulp)