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Name: _____ Date: _____ Arrival Time: _____ Procedure Time: _____

☐ Salina Regional Health Center

☐ Lindsborg Community Hospital

☐ Ottawa County Health Center

☐ North Central Kansas Medical Center

MIRALAX COLONOSCOPY BOWEL PREPARATION

In order to perform a colonoscopy, a bowel “cleanout” must be completed at home prior to the procedure. This involves a combination of oral laxatives and a clear liquid diet.

ITEMS TO BUY: These items may be obtained at your local pharmacy without a prescription.

- One Bottle Miralax, 238gm
- Small box of Dulcolax (Bisacodyl) **LAXATIVE 5mg TABLETS** (not stool softners). You will use **4 tablets**.
- One quart (32oz.) of Gatorade—NO RED or BLUE. Diabetics may use Gatorade Zero or Diet Soda)
- You will be on a **CLEAR LIQUID DIET**. Suggestions are clear, fat free broths, bouillon, tea, BLACK coffee (no cream), kool-aid, crystal light, carbonated beverages, soda, juices without pulp, popsicles, jello, Italian ices. **NOT ALLOWED:** orange juice, fruit nectars, liquids you cannot see through, milk, cream.

THREE DAYS PRIOR TO YOUR PROCEDURE

Stop any fiber supplements (Metamucil, Citucel, Fibercon, etc.) Do not take any iron pills or vitamins containing more than 15mg of iron. Start eating lightly for a few days, and not overeat.

DAY BEFORE YOUR PROCEDURE

- When you wake up, you may eat a LIGHT breakfast (ex: one egg and white toast).
- After your breakfast, **YOU MAY ONLY HAVE CLEAR LIQUIDS!** (See list above).
- At 10:00am, take 2 Dulcolax tablets.
- You may have a clear liquid lunch.
- At 2:00pm, mix the whole bottle of Miralax with the 32 oz. of Gatorade in a pitcher. Stir, dissolve completely, and add ice. Drink 8oz. at a time until all 32 oz. of the solution is gone. If you become nauseous, stop drinking the solution, wait 30-60min, and resume drinking the solution. **BE NEAR A BATHROOM. The goal is to have CLEAR, water-like stools.**
- At 6:00pm, take 2 Dulcolax tablets. You may have a clear liquid dinner.
- You may continue clear liquids until bedtime.
- Diabetics: change your evening medication as your doctor guides you:

DAY OF COLONOSCOPY

- **NOTHING TO EAT OR DRINK AFTER MIDNIGHT—THIS INCLUDES MINTS, CANDY, WATER, ICE, NOTHING.**
- Wear loose, comfortable clothing. Please leave jewelry and valuables at home.
- Arrive at your scheduled time: _____.
- **YOU MUST HAVE A DRIVER HOME.** You will have anesthesia, and if you do not have a ride, your procedure may be cancelled. Typically, from arrival to dismissal is approximately 3 hours.
- Medications to take with a SIP of water: