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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 softeners). 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: