

# COLONOSCOPY – DIET AND LAXATIVE BOWEL PREPARATION – MIRALAX

*US Digestive Health / Springfield ASC 215.402.0600*

Prep kits can be purchased at 1811 Bethlehem Pike C300 Flourtown 19031 or 2618 N Broad St Suite 125 Colmar, PA 18915. Prep kits purchased from the office are non-refundable. If you didn't purchase the prep at our office, then you will need to buy the following OTC products at the store.

1. **Miralax (or generic) - two (2) 8.3 oz. bottles**
2. **128 oz** of either Gatorade (or similar sport drink), Clear Juice, Kool-aid, Crystal Light (no red or purple)
3. **4 (four) Dulcolax Laxative Tablets 5mg (or generic bisacodyl is acceptable)**
4. **Simethicone (GAS-X) two (2) 125 mg tablets**

**\* 7 DAYS PRIOR TO YOUR PROCEDURE:** Review Medication handout if you received one, obtain laxative bowel preparation

**\* 3 DAYS PRIOR TO YOUR PROCEDURE:** AVOID WHOLE GRAINS, NUTS, CORN, POPCORN & SEEDS

### WHAT TO EXPECT AFTER TAKING PREPARATION.

- Most start having bowel movements within an hour or two of starting the laxative, but sometimes longer. Stay close to a bathroom. Most have multiple bowel movements which become watery like diarrhea.
- After the second dose and before you leave to come to the appointment the stools should become clear of solid material and **should look like urine in the toilet water, clear or yellowish, NOT brown.**
- *Bloating, chills and/or nausea and vomiting are not uncommon after the first few glasses. This is usually temporary and improves. If you develop persistent vomiting, severe discomfort or bloating, stop taking the prep for a while until the symptoms go away. If vomiting persists, stop the preparation and call our office 215-402-0600*

### 1 DAY BEFORE YOUR PROCEDURE: START PREP. NO SOLID FOOD AFTER NOON

	<b>BEFORE 12 NOON</b>	<b>NO FIBER DIET – only milk, yogurt, white bread, cheese, plain eggs, cottage cheese AND/OR CLEAR LIQUIDS</b> (see below)
<b>PREP / CLEAR LIQUIDS ONLY NO SOLID FOOD</b>	<b>BETWEEN 12 NOON AND 3 HOURS BEFORE ARRIVAL TIME</b>	<b>CLEAR LIQUIDS ONLY-</b> liquids you can see through. <b>No pulp, No RED or PURPLE</b> Water, Clear beverages / soda / sport drinks / fruit juices without pulp, Coffee or Tea (no milk, creamer or cream), Jell-O, Popsicles, Water ice, Clear hard candy, Clear broth
	<b>4 PM to 6-7 PM</b>	<ul style="list-style-type: none"> <li>• <b>~4 PM, take 4 dulcolax(bisacodyl) tablets</b> with at least 8 ounces of water.</li> <li>• <b>~4 – 7 PM:</b> mix Miralax(or generic) 238g (8.3 oz) in 64 oz of chosen clear liquid and refrigerate if desired. Stir/shake well.</li> </ul>
	<b>6-7 PM to Bedtime</b>	<ul style="list-style-type: none"> <li>• <b>~6-7 PM: start drinking 8 ounces of the Miralax(or generic)prep</b> every 15-20 minutes for a total of 64 oz (completed over about 2-3 hours)</li> <li>• <b>~6-7 PM to Bedtime: Drink at least another 32 ounces of clear liquids.</b> Drinking more will lead to a better preparation with a higher quality exam, and better hydration</li> <li>• Before bedtime, Pre-mix the remaining 238g (8.3oz) Miralax powder with 64 ounces of your chosen clear liquid and refrigerate if desired</li> </ul>

### DAY OF YOUR PROCEDURE: NO SOLID FOOD. NO SMOKING . NOTHING IN MOUTH FOR 3 HOURS BEFORE

<b>PREP / CLEAR LIQUIDS ONLY NO SOLID FOOD NO SMOKING</b>	<b>FIVE(5) hours _____AM/PM to THREE(3) hours before arrival time</b>	<ul style="list-style-type: none"> <li>• <b>5 Hours before</b> - Start drinking 8 ounces of the remaining bowel preparation every 15-20 minutes for a total of 32 oz (completed over about 1 hour)</li> <li>• <b>Take the Two Simethicone (Gas X) tablets</b> after the preparation is finished.</li> <li>• <b>Drink at least an additional 32 ounces of clear liquid</b> before you must stop drinking (no later than 3 hours before arrival time).</li> <li>• <b>Take any necessary morning medications no later than three hours prior to the arrival time</b></li> </ul>
	<b>THREE (3) hours _____AM/PM before arrival time until after procedure</b>	<ul style="list-style-type: none"> <li>• <b>PUT NOTHING IN YOUR MOUTH UNTIL AFTER PROCEDURE.</b></li> <li>• <b>No food, no drink, no medicine, no gum, no candy, nothing to smoke.</b></li> </ul>

For questions about the preparation, medications or to reschedule your appointment, call 215-402-0600 between 8:30AM and 4:00PM