

Colonoscopy Bowel Prep Instructions – Miralax Split

Procedure Date / Start Time _____

Your ARRIVAL Time _____

Procedure Location

Main Office (Dowell Springs Blvd) North Office (Delozier Way) West Office (Parkside Dr)

Planning for the Procedure:

- **You will need a driver** to take you home. You may not drive at all on the day your procedure is performed. We will not sedate you **unless** we have the name/phone # of the person who is taking you home.
- Your entire visit at our office on the day of your procedure may last up to 3 to 4 hours. Please advise your driver that they must remain in the building or nearby during your entire visit.
- If you wear **dentures** -- for safety reasons, you will be expected to **remove** them before your procedure.
- Dress comfortably in clothes that can be easily removed/folded. Please leave your cell phone and any valuables with your driver or at home.
- If you must cancel/reschedule your appointment, please call our office at 865-588-5121 and choose option 2 for scheduling.

Supplies needed:

- (1) Purchase 2 bottles (238 grams each) of **Miralax** powder (available over-the-counter), (2) Purchase 2 bottles (32 oz) **Gatorade or other sports drink**. No red or purple colors, (3) Purchase 1 small box of **bisacodyl (Dulcolax)** tablets at your local pharmacy.

DRINKING THE PREP – Follow the instructions **exactly as written** to ensure a successful procedure.

7 days before your colonoscopy:

- If you take aspirin (325 mg or less) or NSAIDs (Advil, Aleve, Motrin, Mobic or ibuprofen), you may continue to take them as usual.
- If you take a blood thinner or high dose aspirin (greater than 325 mg), see attached sheet for instructions. Check with your prescribing doctor to be sure it is safe to hold your medication.
- Stop taking iron supplements and multivitamins that contain iron, Vitamin E or fish oil.
- If you take oral meds for diabetes, contact your prescribing doctor to see if your dose needs to be adjusted on the day before your procedure

3 days before your colonoscopy:

- Stop eating popcorn, corn, seeds, nuts, beans, fruits with small seeds, celery and other high fiber foods.

1 day before your colonoscopy:

- Begin a clear liquid diet (see table below). **No solid food is allowed on this day.** Drink at least 8 glasses of water or other clear liquid from 8 AM-4 PM.
- **At 5 PM**, mix a full bottle of **Miralax** powder (238 grams) with 32 oz **Gatorade or other sports drink** (no red or purple colors). Take 2 **bisacodyl (Dulcolax)** tablets with the first glass of the mixture and continue drinking the remainder of this mixture at a rate of 8 oz every 20 minutes. You should finish this in around 90 minutes.

Clear liquids which are allowed:

Gatorade, Pedialyte, or Powerade
Coffee or tea (No milk or non-dairy creamer)
Carbonated and non-carbonated soft drinks
Kool-Aid or other fruit-flavored drinks
Apple juice, white cranberry juice, or white grape juice
Jell-O, popsicles

Non-clear liquids – NOT allowed:

Red or purple items of any kind
Alcohol
Milk or non-dairy creamers
Juice with pulp
Any liquid you cannot see through

Day of your colonoscopy:

- **4 hours prior to your arrival time:** Mix the second bottle of **Miralax** powder with the second 32 oz bottle of **sports drink** and begin drinking the mixture at the same rate of 8 oz every 20 minutes. Do not drink any more liquids when finished. **DO NOT** use any form of tobacco (cigarettes, chew, dip, vape) on the day of your procedure to avoid risk of cancellation.
- If you take morning medications, you may take with 1-2 sips of water 2 hours prior to your procedure start time. **DO NOT** drink anything else. **DO NOT** chew gum or eat hard candy. **DO NOT** wear any perfume or cologne. If you have asthma, bring your inhalers. If you take injectable insulin, bring it with you.

Additional helpful tips:

1. Stay near a toilet! You will have diarrhea, which can be quite sudden. This is normal.
2. If you have nausea or vomiting with the prep, give yourself a 30-60 minute break, rinse your mouth or brush your teeth, then resume drinking the prep.
3. Anal skin irritation or hemorrhoid inflammation may occur. If this happens, treat it with over-the-counter-remedies, such as hydrocortisone cream, baby wipes, Vaseline, Desitin, or TUCKS pads. Avoid products containing alcohol. If you have a prescription for hemorrhoid cream, you may use it. Do not use suppositories.