

## Miralax and Dulcolax (Bisacodyl) Prep Instructions for Colonoscopy Procedures

Miralax and Dulcolax (Bisacodyl) are sold over the counter at any pharmacy or grocery store. Miralax is available two ways; a box of 10 individual packets (enough for the prep), or by the bottle (14 oz of powder). Make sure you also get four 5 mg Dulcolax (Bisacodyl) laxative (**not stool softener**) tablets, and one 14 ounce bottle of Miralax powder or a box of 10 packets of Miralax powder. You will also need 80 ounces of any recommended clear fluid.

**Two days before your exam:** Take two (2) Dulcolax laxative tablets at 6 PM with a glass of water. Do not chew or crush the tablets.

**The day before your exam:**

**You may only have clear liquids this entire day. You may not have anything solid to eat ALL DAY.**

**At 5 PM:** take 2 Dulcolax laxative (Bisacodyl) tablets with water. Do not chew or crush the tablets.

**AND at 5 PM:** Mix and drink the Miralax solution. The Miralax solution can be prepared two ways. You may mix 5 heaping tablespoons or 5 packets of Miralax powder with 40 ounces of clear liquid in a pitcher; or you may make 5 glasses, each containing 1 tablespoon or packet of Miralax powder in 8 ounces of clear fluid. Stir well. Try to drink all the solution within one hour.

**At 10 PM:** Mix and drink another 40 ounces of Miralax solution, prepared as instructed above. Try to drink all of the solution within one hour. Continue to drink clear liquids through the night as you are up using the restroom.

Your stool should be watery and without any solid material after you have completed the second part of the preparation. Your stool should look yellow like urine in color, or clearer. If your stool is not clear 5 hours before the procedure, take 2 more Dulcolax laxative tablets with a large glass of clear liquid. If your stool is still not clear after the extra Dulcolax laxative tablets, please call 410-820-8838 after 7 AM or 410-822-1000 before 7 AM to have the GI doctor paged by the operator. Please **ONLY** call the GI physician if you experience nausea, vomiting or a poor outcome from the preparation. For all other concerns, call 410-820-8838 between 7 AM and 3:30 PM.

**The day of the exam:** Continue to drink clear liquids, however **STOP FOUR HOURS BEFORE YOUR ARRIVAL TIME.** Do not eat any solid foods until after the procedure.

**Helpful Tips:** Drink the mixture slowly if you begin to feel full or if cramping occurs, drinking it all within 1 – 3 hours. This can help avoid nausea or vomiting. It is important to drink all of the solution, even if your stool appears clear. Anusol or Tucks pads may help to decrease soreness from frequent wiping. You can also walk around to help get your bowels moving.

**Remember to drink plenty of clear liquids, however,**

**STOP drinking liquids four hours before your arrival time**

The date of your procedure is \_\_\_\_\_ and your arrival time is \_\_\_\_\_

## General Colonoscopy Prep Instructions

**These instructions apply to ALL colonoscopy procedures. Please follow your prep instructions attached.**

A colonoscopy is a test done by your doctor to look at the inside of your colon (large intestine). In order to have a clear view during your procedure, you must follow the instructions below completely:

- ❖ You will be receiving sedation, provided by a Certified Registered Nurse Anesthetist (CRNA), and will not be able to drive for 24 hours. You must have someone here to drive you home or the procedure will not be performed. You should also have someone at home with you after the procedure. If you choose to come by public transportation, you must bring someone with you who can accompany you home after your procedure or the procedure will not be performed.
- ❖ Do not plan any distance travel within two weeks following your procedure (outside of the United States).
- ❖ Wear comfortable, loose fitting clothing. Leave unnecessary items at home.
- ❖ Bring your insurance cards, a photo ID and your referral if your insurance requires this. If you have a co-payment, please bring only that amount of money with you.
- ❖ Do not eat any corn, squash or watermelon for at least 3 days before your procedure.
- ❖ Take your regular medicines with a sip of water on the morning of your procedure as instructed by your physician. Do not take any medicines one hour before taking your prep. If you have any questions about your medications, please contact the physician's office in advance. This is important because changes may be made to some of your regular medicines.
- ❖ Do not take any multi-vitamins, supplements, Iron tablets, fish oil or Non-Steroidal Anti-Inflammatory medicines (NSAIDs including Advil, Motrin, Ibuprofen, Aleve, Mobic, Celebrex or Naproxen) for one week prior to the procedure. You can take Tylenol if needed for pain (arthritis, headaches, etc.).
- ❖ IF YOU TAKE ASPIRIN or BLOOD THINNERS, READ THE FOLLOWING CAREFULLY:
  - ❖ If you take Aspirin, there is no need to stop taking it prior to the procedure.
  - ❖ If you take other blood thinners (Coumadin, Plavix, Pletal, Aggrenox, Pradaxa, Effient or others), these may need to be stopped prior to your procedure and should be discussed with our office at least two weeks in advance.
- ❖ If you are a diabetic, please monitor your blood sugar on the day of the procedure, and follow the special instructions about how to adjust your medicines.
- ❖ If you take insulin, please bring it with you, as well as a syringe and a snack on the day of the procedure.
- ❖ If you use inhalers, please bring them with you on the day of the procedure.
- ❖ If you have any questions regarding your procedure please contact a nurse at the Eastern Shore Endoscopy during normal business hours (7am – 3:30pm) at 410-820-8838. If you have an issue over a weekend please call the Shore Health System at 410-822-1000 and ask to speak to the GI physician on call.

### **The Day Before Your Procedure:**

- ❖ You may not have any alcohol or solid foods the day before, or the day of your procedure. You may have clear liquids ONLY.
- ❖ You may have the following clear liquids. DO NOT drink anything red or purple in color. If you are a coffee drinker, a caffeinated beverage (Mountain Dew, tea, energy drink, etc) may help avoid headaches from caffeine withdrawal. **These include:** Water, clear broth (chicken or vegetable) or bouillon, strained fruit juices (no pulp- apple, white grape, lemonade), Gatorade (not red or purple), Carbonated clear soft drinks (example- ginger ale, but no brown cola or coffee; you may have dilute tea), Kool Aid (and other flavored drinks, but not red or purple), Plain Jell-O (not red or purple and without added fruits or toppings), Ice popsicles or Italian Ice.
- **Make sure you drink lots of clear liquids the day before and the day of your procedure. It is important you remain hydrated. Please remember to drink clear liquids; however STOP drinking liquids 4 hours before your arrival time.**
- Please follow the instructions for your colonoscopy preparation to make sure your colon is clean for the procedure. After the prep, your stools should be clear or yellow liquid, with little solid or debris. If you do not have good results from the prep, or you vomit the prep, please call Shore Health System at 410-822-1000 and have the operator page your doctor, or the doctor on-call for assistance if it is after business hours.