

Colonoscopy Preparation: MiraLAX®-Split Dose

Please call the endoscopy nurse at **716-845-8546** or **716-845-1424** if you have questions.

Dietary Restrictions

4 days before your colonoscopy

Stop eating foods that are high in fiber, and do not resume high fiber foods until after your colonoscopy. Examples of high fiber foods: salads, corn, popcorn, green vegetable, brown rice, whole grain bread, beans, seeds, nuts.

Medication Instructions

- Please tell your nurse about all the medications you are taking. They will instruct you to take certain medications with a sip of water the morning of your procedure.
- If you take any medications to treat or prevent blood clots, someone from the anesthesia department will review your medications.
- **If your doctor gives you different instructions, ALWAYS follow your doctor's instructions.**

7 days (1 week) before the procedure, stop taking:

- vitamins, herbal medications, supplements

3 days before the procedure, stop taking non-steroidal anti-inflammatory medications (NSAIDs) such as:

- diclofenac (Voltaren®)
- etodolac (Lodine®)
- ibuprofen (Advil®/ Motrin®)
- ketoprofen
- meloxicam (Mobic®)
- naproxen (Aleve®/Anaprox®)
- piroxicam (Feldene®)
- sulindac (Clinoril®)

Bowel Preparation Medications

Bowel preparation solution: Purchase a 238 gram or 255 gram bottle of MiraLAX® - either size is fine. You will also need 4 laxative tablets - 5 milligram Dulcolax® (bisacodyl) tablets. Both are available without a prescription.

The Day Before Your Test

You will be on a clear liquid diet ALL day.

Suggestions for a Clear Liquid Diet

Remember to avoid all red and purple colors.

- Soft drinks (orange, ginger ale, cola, lemon/lime, etc.)
- Sports drinks (Gatorade or Powerade) or Kool-Aid
- Fruit juice **without** pulp (apple, lemonade, white cranberry, white grape)
- Water, flavored waters, tea, or coffee (you can add sugar, but **NO milk or creamers**)
- Chicken, beef, vegetable broth or bouillon – no added meats, noodles, or vegetables
- Hard candy
- Jell-O
- Popsicles or lemon ice (no sherbets, sorbets, or fruit bars)

| Time | What You Need to Do - The Day Before Your Procedure |
|---------------|---|
| Early morning | Mix the bottle of MiraLAX® with 2 liters of water or any non-carbonated beverage and put it in the refrigerator |
| 12 pm (noon) | Take 4 Dulcolax® laxative tablets and drink 2 large glasses of water |
| 4 pm – 5 pm | <ul style="list-style-type: none">• Begin drinking the bowel prep solution. Drink half of the solution (1 liter). This is one 8-ounce glass every 10-20 minutes. Put the remaining half in the refrigerator for the next morning.• If you vomit, stop for 1 hour, and then begin drinking again. If this reoccurs and you feel you can't complete the prep, STOP and call 716-845-1424. Leave a message and we will contact you the next business day to reschedule your appointment with a different prep. |

| Time | Day of Procedure |
|--|--|
| 12 am (midnight) | After midnight, do not eat or drink anything EXCEPT the remaining bowel prep and instructed medications with a small sip of water |
| Start 6 hours before your arrival time | The morning of your procedure Drink the remaining 1 liter of solution over 1 hour. |

The Day of the Procedure – At Home

- Take your medications as instructed by the nurse or anesthesia team.
- Remove all piercings and jewelry, including rings.
- Remove contact lenses.
- **Remember to come with a responsible driver who can take you home or your procedure will be cancelled.**
- If your driver is not present, we will call to verify your ride.
- If you are coming by medical transportation or a cab, you must have a responsible adult accompany you.

The Day of the Procedure – At the Hospital

- If you are a new patient, please stop at the Registration Desk in the Main Lobby. Please bring photo ID and insurance cards.
- Proceed to 3 West/Ambulatory Surgery Center on the third floor and check in with the receptionist.
- Be prepared to spend 3-4 hours at the hospital.

After Your Procedure

- Your doctor will discuss the results of the procedure with you after you are awake in the recovery room.
- We will give you discharge instructions explaining how to care for yourself at home and when to call the doctor.