

2 DAY COLONOSCOPY PREPARATION – SOFT DIET AND MIRALAX SPLIT PREP

FIVE DAYS PRIOR TO THE PROCEDURE: Read all preparation instructions. Arrange for a licensed driver who will arrive with you, remain in the waiting room during your procedure and drive you home. **STOP** – all aspirin or aspirin-like products (Motrin, Aleve, etc.). *Tylenol or Extra Strength Tylenol is okay to use.* **EXCEPTION** – continue daily aspirin if prescribed by your physician. Contact prescribing physician for instructions on insulin and diabetic medications. **Avoid roughage 5 days before your procedure.**

AT LEAST THREE DAYS PRIOR TO THE PROCEDURE: Obtain bowel prep products from the store.

- One 8.3 ounce bottle of Miralax (powder)
- Seven (7) Dulcolax 5mg Laxative Tablets (biscodyl)
- One 64 ounce bottle of Gatorade (no red or purple flavors). Or two 32 ounce bottles. ****Use G2 or Smart Water if diabetic.**

TWO DAYS BEFORE THE PROCEDURE – EAT A SOFT DIET: STOP iron supplements.

- Cream of Wheat, oatmeal, Jello, mashed potatoes, noodles, scrambled eggs, pudding and all clear liquids listed below. – **DRINK PLENTY OF FLUIDS THROUGHOUT THE DAY.**
- At bedtime, take three Dulcolax tablets with 16 ounces of water.

DAY BEFORE THE PROCEDURE: **NO SOLID FOOD, NO ALCOHOL, CLEAR LIQUIDS ONLY ALL DAY!** Avoid anything red or purple in color. No dairy products or non-dairy creamer, this includes Ensure/Boost. Mix the 8.3 ounces of Miralax into the 64 ounces of Gatorade until dissolved and keep cold in the refrigerator.

- At **4:00PM** the day before your procedure, take two Dulcolax 5mg Laxative Tablets with an 8oz. glass of water and continue clear liquids.
- At **6:00PM** Begin drinking the Gatorade/Miralax solution at a rate of 8 ounces every 15-30 minutes (over 1-2 hours) until half the solution (32 oz) is gone.
- At **9:00PM** take two Dulcolax 5 mg Laxative Tablets with an 8 oz. glass of water.
- You are encouraged to continue to drink clear liquids until you go to bed.

*You may apply a petroleum based product or diaper rash ointment to the rectal area if you experience discomfort from frequent stools.

DAY OF THE PROCEDURE: **NO SOLID FOOD, NO ALCOHOL.** If you take heart or blood pressure medications, please take it with a sip of water.

- **5-6 hours before the time your procedure is scheduled** – take the second 32 ounces of Gatorade/Miralax solution at a rate of 8 ounces every 15-30 minutes until gone.
- If your procedure is scheduled early in the morning, you will need to get up on the in the middle of the night to take this dose of solution. The correct timing of this dose is essential to an effective preparation.
- You may, and should, drink clear liquids until 4 hours prior to the procedure time. Have nothing to drink for 4 hours prior to the procedure.

CLEAR LIQUID DIET – RECOMMENDATIONS

Black Tea (no cream)	Clear Juices
Black Coffee (no cream)	Apple Juice
Broth / Boullion	White Grape Juice
Jello – NO Red or Purple	Orange Juice (no pulp)
Soft drinks – NO Red or Purple	Sprite, 7-Up
Popsicles – NO Red or Purple	Gingerale
Hard Candy – NO Red or Purple	Squirt

YOU MAY NOT HAVE:

Tomato Juice
Milk
Dairy Products (including non-dairy creamer)
Solid Foods
Ensure/Boost