

Preparation instructions for Colonoscopy — Miralax (a generic form of glycolax may be substituted)
(Follow only these instructions given by the GI Department)

5 days before your colonoscopy	2 days before your colonoscopy	The day before your colonoscopy	The day before your colonoscopy <i>(continued)</i>
<p>Read all prep instructions.</p> <p>Contact your prescribing physician for instructions on dosage of blood thinners.</p> <p>Stop herbal, oil-based vitamins and iron supplements.</p> <p>Stop all fiber supplements such as Metamucil, Citrucel, Fibercon, BeneFiber and Konsyl.</p> <p>Discontinue all medicines that stop diarrhea such as Imodium, Kaopectate and Pepto Bismol.</p> <p>Avoid salads or high fiber foods including nuts, seeds and popcorn.</p> <p>Avoid hard fruits and hard vegetables.</p> <p>Arrange for a driver to take you home after the procedure.</p>	<p>List all current medications and bring list with you the day of your procedure.</p> <p>Purchase the following at your pharmacy or grocery store:</p> <ul style="list-style-type: none"> • Bisacodyl (Dulcolax)Laxative tablets (6). • Miralax powder 238 gram bottle or (2)119 gram bottles. • Gatorade – 64oz or Crystal Light Lemonade or clear liquid of your choice (NOT RED OR PURPLE IN COLOR). <p>If you are Diabetic or have Kidney Disease; use water or Crystal Light instead of Gatorade.</p>	<p>TAKE ONLY CLEAR LIQUIDS ALL DAY / NO SOLID FOOD / NO ALCOHOL</p> <p>Drink at least 8 ounces of clear liquid every hour while awake.</p> <p>Mix Miralax powder with 64oz (2quarts) of any clear liquid of your choice. Shake well and refrigerate.</p> <p>If your arrival time is BEFORE 12 NOON the day of your colonoscopy, start at 12 NOON the day before and take (3) Bisacodyl (Dulcolax) tablets with 8oz of clear liquid.</p> <p>At 1 p.m. drink half of the Miralax solution-(4) 8oz glasses. Try to drink one glass every 15-30 minutes. If you are too full or have nausea/vomiting, stop for 20-30 minutes, and then start again. Refrigerate remaining solution.</p> <p>At 5 p.m. the evening before, take (3) Bisacodyl (Dulcolax) tablets with 8oz of clear liquids.</p> <p>Then at 6 p.m., drink the second half of the Miralax solution: (4) 8oz glasses. Drink one glass every 15-30 minutes until completed.</p> <hr/> <p>If your arrival time is AFTER 12 NOON the day of your colonoscopy, start at 5 p.m. the evening before and take (3) Bisacodyl (Dulcolax) tablets with 8oz of clear liquid.</p>	<p>Then at 6 p.m., drink the first half of the Miralax solution: (4) 8oz glasses. Drink one glass every 15-30 minutes. Refrigerate remaining solution.</p> <p>At 5 a.m. the day of your colonoscopy, take (3) Bisacodyl (Dulcolax) tablets with 8oz of clear liquid.</p> <p>Then at 6 a.m., drink the second half of the Miralax solution: (4) 8oz glasses. Drink one glass every 15-30 minutes until completed and finish drinking 4 hours prior to your arrival time.</p> <div style="background-color: #c00000; color: white; padding: 5px; text-align: center;"> <p>The day of your colonoscopy</p> </div> <p>NO SOLID FOOD NO ALCOHOL</p> <p>YOU MUST take your morning heart, blood pressure, asthma, and/or seizure medications with a small sip of water.</p> <p>PLEASE STOP ALL LIQUIDS 4 HOURS BEFORE YOUR ARRIVAL TIME.</p> <p>NO GUM OR BREATH MINTS!</p> <p>After your procedure, you may eat your usual diet unless otherwise instructed by your doctor.</p>

NOTE: You must take ALL of the PREP solution, as directed to clean your bowel adequately.
Even if you are passing clear liquid you must continue to take the entire dose of the prep.
If you think the prep is not working, after 4:30 p.m. call Cooper University Hospital (856.342.2000) and ask for the Gastroenterology Fellow on call. During regular business hours Monday-Friday, 8 a.m.-4:30 p.m., call Cooper University Hospital @ 856.342.2047 or Cooper Digestive Health Institute @ 856.380.7750. For Salem patients, call 856.339.6040.