Colonoscopy Bowel Prep Instructions

7 days prior to your procedure, stop all “aspirin/Advil” like products. Please refer to “Aspirin and Blood Thinner” list, included in the instructions packet. Please notify our office if you taking Blood Thinner medications or if you are diabetic.

Please make arrangements to have someone drive you home after the procedure. Colonoscopy involves sedation, and you will not be allowed to leave the facility unaccompanied.

For this preparation, you will need:
- One 238 gram bottle of Miralax
- Four tablets of Bisacodyl (Dulcolax)
- 64 oz of Gatorade, water or other clear liquid

THE DAY BEFORE YOUR COLONOSCOPY

Up until 10:00 AM You may have a “full liquid” diet throughout the day. This includes:
- White toast
- Farina
- Ice cream
- Plain yogurt
- Coffee
- Milk
You may also have items listed on the clear liquid diet list below.

After 10:00 AM Start a “clear liquid” diet, see list below. No solids after 10:00 AM. You may have clear liquids up until six (6) hours before your arrival time for the colonoscopy. You may take regular medication with a sip of water.

Laxative Instructions
Please follow instructions below closely, an inadequate bowel cleansing may result in a cancellation of the procedure.

1:00 pm: take two (2) Bisacodyl (Dulcolax) tablets.
Mix all of the Miralax with 64oz of water, Kool-aid, Gatorade, etc. Refrigerate.
4:00 pm: start drinking the Miralax solution. Drink 1 (8 oz) glass quickly, every 10 minutes until the solution is finished.
7:00 pm: take two (2) more Bisacodyl (Dulcolax) tablets.

Please avoid red or purple clear liquids. Clear liquids are those you can “see through”.
Examples include:
- Water
- Strained fruit juice without the pulp (apple, white grape)
- Tea or coffee without milk or creamer
- Clear broth or bouillon
- Ginger ale
- Lemon-lime soda
- Lemonade
- Sports drink (e.g., Gatorade)
- Kool-Aid or other fruit flavored drinks
- Plain Jell-O (not red or purple) without added fruit or toppings
- Ice Popsicles
- Hard Candies