

BOWEL PREPARATION INSTRUCTIONS FOR COLONOSCOPY

A bowel prep is done to clear the bowel of all solid matter. Its purpose is to prepare the bowel for surgery or a procedure. Please follow these instructions. Begin the bowel prep the day before your scheduled surgery or procedure.

To prepare:

You will need to purchase these items from a pharmacy:

- 1 large bottle Miralax (8.3 ounces or 238 grams)
- 6 Dulcolax or bisacodyl tablets (5 mg)
- 1 large (64oz) bottle of a sports drink, such as Gatorade or clear liquid of your choice. This will be used to mix your Miralax the day before your surgery/procedure. Do not use carbonated beverages such as pop, etc.

There may be store brands or “generic” brands available that cost less. Ask the pharmacist for help to find what you need.

****If you take blood thinners, you may need to stop them prior to your procedure. Consult your primary care physician or doctor that manages your medication for instructions. If you are diabetic, you may not take any insulin or other diabetic medication the morning of the surgery/procedure because you will not be eating until after it is done.**

The day before your surgery/procedure:

1. You may have a light **breakfast**. 1 piece of toast (white or wheat), a poached egg and coffee (with creamer).
2. Drink only clear liquids. Avoid liquids that are red or purple. Do not eat any solid food or milk products until your surgery/procedure is done.

Clear liquids include:

Water

Strained Fruit Juices (no pulp)

Popsicles (no fruit)

Ice

Coffee or tea (no milk or cream)

Gatorade

Clear broth or bouillon

Jell-O (clear with no fruit or toppings)

Kool Aid

Soft Drinks

3. Follow the schedule below for your bowel prep. You will need to stay near a bathroom during this part of the prep as you will start to have frequent bowel movements.

1:00 pm- Take 4 Dulcolax tablets with a drink of clear liquid. Mix the Miralax in a 64 oz bottle of sports drink or clear liquid of your choice. Cap the bottle and shake to dissolve the powder and refrigerate.

4:00 pm- Start to drink the Miralax solution. Drink an 8 oz glass every 30 minutes. Be sure to finish all the solution.

6:00 pm- Take last 2 Dulcolax tablets.

Do not drink anything else after 12 midnight.

The morning of the surgery/procedure:

- Arrange for a driver to stay with you while you are in the surgery/procedure. You will not be able to drive because of the medication you are given for the surgery/procedure. You can expect to be at the facility 2-3 hours from your arrival time.
- If you have morning medications to take that cannot wait until after the surgery/procedure, they can be taken with a small sip of water only.
- Bring a list of your medications with you to the facility.

The facility will call to speak to you the day before the surgery/procedure about your health history and to confirm your arrival time. Please call our office (248-858-3700) with questions about the bowel prep or to cancel/reschedule if needed.

Date of surgery/procedure: _____

Arrival time: _____

Facility: _____