

Colonoscopy Instructions using MiraLAX or equivalent

You are scheduled for a colonoscopy. A colonoscopy is a medical procedure that examines the large bowel to look for colon polyps or bowel cancer. It can also be used to diagnose medical conditions from symptoms such as abdominal pain, unexplained weight loss, blood in your stool, or unexplained diarrhea. Early cancer and polyps can be removed during the procedure. If you have any additional questions regarding why you are scheduled for a colonoscopy, please reach out to the provider that requested your procedure.

Please read the instructions closely. The most important part of your colonoscopy is the preparation. Without a good prep, the doctor performing your procedure will not be able to see the colon clearly. This could lead to missing a polyp or needing to reschedule your colonoscopy because they cannot thoroughly examine your large bowel.

Preparing for your procedure

You will need to purchase:

- One 238-gram bottle of MiraLAX or generic equivalent.
- 1 64 oz bottle of Gatorade (No red flavors)
- 1 small box of 5 mg Dulcolax laxative tablets. These are available over the counter.

5 Days before your procedure

- Stop all vitamins, herbal supplements, iron supplements, and fiber supplements.
- Continue taking all other prescription medications unless instructed differently during your scheduling process.
- You will need to start a low fiber diet. A low fiber diet limits the types of vegetables, fruits, and grains that you can eat.

Low Fiber Diet Details

A low fiber diet limits the amount of fiber you have to 13 grams per day. Check food labels to limit your fiber intake. Below you will find some acceptable food suggestions, as well as food to avoid.

Acceptable food when following a low fiber diet:

- Grains such as white bread, biscuits, muffins or rolls, plain crackers or waffles, white rice
- Cooked potatoes without skin
- Milk products such as yogurt (without fruit or granola), cottage cheese, cheese, custard, soups

- Limit fruits. Some low fiber fruits include ripe bananas, honeydew, cantaloupe, peaches, or nectarines. Fruit juices without pulp are also low in fiber.
- Limit vegetables. Well cooked or canned vegetables with seeds such as green beans are low in fiber. A piece of lettuce on a sandwich is ok.
- Meat without skin such as ground beef, poultry, fish, tofu

Avoid the following:

- Grains such as whole grain or whole wheat bread, granola crackers, pasta, brown rice or any breads with nuts or seeds
- Dried fruit, nuts, or seeds.
- Potatoes with skins
- Fruits such as or any berries, raisins, dried fruit, pineapple or any fruit juices with pulp
- Vegetables are high in fiber, especially raw vegetables. Broccoli, green peas, corn (including popcorn) are just some of the vegetables that are very high in fiber.
- Beans
- Avoid tough meat or heavily processed meat if possible.

Day before your procedure

- You will need to follow a clear liquid diet the entire day prior to your procedure.
- No solid food is allowed. We recommend drinking something from the below list of clear liquids to make you feel less hungry, and make the prep easier for you.
- Do not consume any beverages that are red or use red dye.

Examples of acceptable clear liquids:

- Soups such as clear bouillon, chicken broth, vegetable broth, beef broth, or consommé.
- Beverages such as tea, coffee (no dairy cream/milk), crystal light, carbonated beverages such as soda water, electrolyte beverages such as Gatorade.
 - You may add sugar and artificial sweetener to your coffee or tea.
- Juices such as apple, white grape, or white cranberry juice.
 - Orange juice and grapefruit juice are **not** clear liquids and should be avoided.
- Sweet treats such as Italian ices, popsicles without milk, or Jell-O.

Around 4:00 pm the day before your procedure

- Take 4 5 mg Dulcolax tablets
- Continue drinking clear liquids

Around 5:00 pm the day before your procedure

- Mix the entire bottle of MiraLAX into your 64 oz bottle of Gatorade.
 - Shake the solution until the MiraLAX is completely dissolved.

- Drink 1 cup, or 8 ounces every 15 minutes until you have half of the bottle.
- Once half is finished, put the rest in the refrigerator to finish in the morning.
- It is normal to feel chilly while prepping. Walking in between drinking the solution will help it work quicker and warm you up.
- If you become nauseated, stop the prep for 45 minutes and then resume.

At least 4 hours before your arrival time

- Take any of your normal prescription medications with a small amount of water at least 2 hours prior to arriving UNLESS otherwise directed in the above instructions.
- Drink the other half of your solution of MiraLAX and Gatorade until finished.
- Drink 1 cup, or 8 ounces of your prep every 15 minutes until you have finished.
- You must be finished drinking at least 2 hours before you arrive.
- Your stool should be clear or yellow at this point with no pieces of stool seen in it once your prep has been completed.
 - A helpful hint is if you dropped a coin into the toilet, you should be able to see whether it is heads or tails.
- Do not drink anything after completely the prep including water.

If your bowel movements are not yellow or clear, please call the Endoscopy Department at 207.795.2790.