**Date:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Arrival Time:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Miralax / Dulcolax Colonoscopy Prep**

**\*\*Very Important**: Avoid red and orange colored liquids which can mimic blood. Drink plenty of fluids; juice, broth, sports drinks -- some with Potassium and other electrolytes to avoid dehydration and electrolyte imbalance. These dietary measures will ease the cleansing process. You may use Vaseline or similar agents to the perianal area to help with burning or pain. Individual response may vary.

**On \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_5 days prior to your procedure**

* start a low residue diet until you start your clear liquids **-** See attached food list

**On\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (the day before the procedure)**

**\*\*\*PLEASE AVOID THE USE OF ALCOHOL FOR 24 HOURS**

You will start a **clear liquid diet**. Do not eat solid foods or dairy products.

* At 2:00 pm take 2 Dulcolax (bisacodyl) tablets (5mg each)
* At 4:00 pm take 2 Dulcolax (bisacodyl) tablets (5mg each)
* At 5:00 pm mix 2 packets of Gatorade or Propel and 10 doses of the Miralax in the pitcher, fill with water and drink. Try to drink 8oz every 10-15 minutes. After finished repeat the mixture of 2 packets of Gatorade or Propel and 10 doses of Miralax in pitcher with water and drink. You will drink 20 doses Miralax and approximately 60oz of the Gatorade/Propel water total. Save 10 doses of Miralax and 2 packets of Gatorade or Propel for the morning.
* You should have additional clear liquids the rest of the evening.
* At bedtime take 2 Dulcolax (bisacodyl) tablets (5mg each)

**On the morning of your procedure starting at \_\_\_\_\_\_\_\_\_\_\_A.M.** \*\*stay clear liquids only

* 5 hours before you leave for the clinic take 2 Dulcolax (bisacodyl) tablets (5mg each)
* One hour later mix the remaining 2 packets of Gatorade or Propel and 10 doses of Miralax in the pitcher with water. Drink an 8oz glass of mixture every 10-15 minutes until gone.
* STOP drinking clear liquids 2 hours before your procedure. Do not chew GUM or suck on hard CANDY 2 hours prior to your procedure.
* Please take any essential medications, such as heart, blood pressure, asthma, or seizure meds as usual.
* **After completing the prep, the effluent (material) from the rectum should be clear or light yellow.  You should be able to read a newspaper through an inch of the liquid.  If you cannot you may need addition prep. Call ASAP 208-743-4373. If it is over the weekend and the office is closed, please go the store and purchase 8.3 oz of Miralax and 56oz. PowerAde over the counter and start drinking until clear.**

**\*\*\*\*YOU MUST BRING SOMEONE WITH YOU TO DRIVE YOU HOME AFTER THE PROCEDURE. We do not allow public transportation or ride services for your safety.**