**Miralax / Dulcolax Colonoscopy Prep**

**Video Instructions are available on our Website at** [**www.clearwatergastro.net**](http://www.clearwatergastro.net) **– go to the Colon Prep tab to view.**

**\*\*\*Very important** that all colonoscopy preps start a low residue diet 3 (three) full days before the date of the colonoscopy you must avoid seeds, fruit skins, tomatoes, onions, and corn for more information see back side. 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. **No Alcohol 24 hours prior to procedure.**

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

You may have a **Low residual diet (see attached diet)** for **breakfast and lunch** followed by **clear liquids for dinner.**

* 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 the **whole 8.3oz bottle** of Miralax (Polyethylene glycol) in 64oz. (1/2 gallon) of Gatorade or PowerAde.

Drink an 8 oz glass of Miralax (Polyethylene glycol) mixture every 10 – 15 minutes until one half or one quart of the mixture is taken.

* You may additional clear liquids as desired the rest of the evening.
* At bedtime take 2 Dulcolax (bisacodyl) tablets (5mg each)

**On the morning of your test starting at \_\_\_\_\_\_\_\_\_\_\_A.M. – Clear liquids only**

* 5 hours before you leave for the clinic take 2 Dulcolax (bisacodyl) tablets (5mg each)
* One hour later drink an 8 oz glass of Miralax (Polyethylene glycol) mixture every 10 -15 minutes until all the remainder is consumed.
* 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 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 please purchase 8.3 oz of Miralax and 64oz. Gatorade over the counter and start drinking until clear.**

**YOU MUST BRING SOMEONE WITH YOU TO DRIVE YOU HOME AFTER THE PROCEDURE.**

* Gem State Endoscopy at **3709 14th St**, Lewiston 208-298-2141
* Tri State Memorial Hospital at **1221 Highland Ave, Clarkston WA.** 509-758-4673

Date of Procedure \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Check in at\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please call Dr. Dettwiler’s office if you have any questions at 208-743-4373.