**Miralax / Dulcolax Colonoscopy Prep**

**\*\*\*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. Results may be apparent in 30 minutes or not until 3 or more hours have passed. 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 PEG/ Miralax in ½ gallon of Gatorade or Powerade.

Drink an 8 oz glass of Miralax (PEG) 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 PEG/Miralax mixture every 10 -15 minutes until all the remainder is consumed. .
* STOP drinking clear liquids 2 hours before 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 --- Please call ASAP 208-743-4373.

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

* SJMG Endoscopy Center at **1630 23rd Ave Suite 801** (on lower level) -743-6200
* Lewis and Clark Outpatient Surgery at **318 Warner Drive** 208-298-1050
* Tri State Memorial Hospital at **1221 Highland Ave, Clarkston WA.** 509-758-4673
* St Joseph Regional Medical Center **415 6th St** 208-799-5380

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

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