

## 2 DAY BOWEL PREP: MIRALAX with DULCOLAX

Please read through these instructions completely when you receive them since the preparation takes several days to complete. We want you to be as well prepared for your exam as possible so it will be a success.

**\*If you take [medication for diabetes](#), [medication to thin your blood](#), or [if you have a neurotransmitter](#), please call Endoscopy at 207-755-3601 for additional instructions. \***

**Procedure(s):** COLONOSCOPY

**Date:**

**Arrival Time:**

*You may be contacted by the Endoscopy Department the day of your procedure to adjust your arrival time.*

Location: 93 Campus Ave, main hospital entrance

\* Register at the hospital lab prior to your procedure \*

**\* If you cannot keep this appointment for any reason, please contact 755-3637 as soon as possible and ask to be rescheduled so that we may fill this appointment time. \***

### YOU WILL NEED

- 238g bottles (2) of Miralax (or generic equivalent). Total Miralax powder needed = 476 g
  - **Pro tip:** 1 capful of Miralax powder = 17g so you will need a total of 28 capfuls of Miralax to complete the bowel cleanse
- 128 oz total of Gatorade, no red flavors (blue and purple are okay). (4) 32 oz bottles = 128 oz. total
  - **Pro tip:** If you cannot find 32 oz bottles of Gatorade, buy (2) 64 oz bottles or (5) 28 oz bottles (you'll only use 4.5 of the bottles, however); having a 4 cup measuring cup will help you measure out 32 oz of Gatorade to mix with the Miralax powder
- Dulcolax laxative Tabs (8) (or generic equivalent). Be sure to purchase laxatives NOT stool softeners.

**\* THESE ARE ALL OVER-THE-COUNTER PURCHASES \***

### FIVE DAYS BEFORE your procedure

- STOP multivitamins and Iron supplements. Other vitamins are okay to take (such as Vitamin D, Calcium, and Vitamin B Complex)

### THREE DAYS BEFORE your procedure

- STOP all Fiber Supplements (Metamucil, Citrucel, Fibersure, etc.)
- BEGIN A LOW RESIDUE DIET. On the next page are some examples of what you **CAN** eat and what foods to **AVOID**.

LOW RESIDUE DIET

YES

NO

<ul style="list-style-type: none"> <li>• Eggs</li> <li>• Fish</li> <li>• White Pasta</li> <li>• Corn Bread without corn kernels</li> <li>• Cheese</li> <li>• Protein Shake (no seeds or pulp)</li> <li>• Tofu</li> <li>• Peanut Butter</li> <li>• White Rice</li> </ul>	<ul style="list-style-type: none"> <li>• White Bread</li> <li>• Meat without skins</li> <li>• Crackers without seeds</li> <li>• Fruits without seeds or skins</li> <li>• Cooked vegetables without seeds, peels, or skins**</li> <li>• Cornflakes, Rice Cereals, Cream of Wheat</li> <li>• Yogurt, Sour Cream, Butter</li> <li>• Smooth (no pulp) Fruit Juice</li> </ul>	<ul style="list-style-type: none"> <li>• Popcorn</li> <li>• Brown and/or Wild Rice</li> <li>• Raw or partially cooked vegetables</li> <li>• Raw fruit with seeds, skins, or membranes</li> <li>• Oats, Granola, Barley, Quinoa</li> <li>• Lettuce, Spinach, Kale, Cabbage</li> <li>• Broccoli, cauliflower, brussel sprouts, onions Whole</li> <li>• Bran or Shredded Wheat Cereals</li> </ul>	<ul style="list-style-type: none"> <li>• Corn</li> <li>• Coconut</li> <li>• Whole Grain Crackers or Crackers with Seeds</li> <li>• Seeds and Nuts</li> <li>• Beans, Peas, Lentils, Chickpeas</li> <li>• Grain or Whole Wheat Breads</li> </ul>
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\*\* Avoid broccoli, cauliflower, brussel sprouts, cabbage, onions, even if cooked

**TWO DAYS BEFORE your procedure**

- ☐ **YOU MAY EAT A LOW-RESIDUE BREAKFAST BEFORE 10 AM, BUT THEN NO SOLID FOOD ALLOWED AFTER 10 AM: FULL LIQUIDS ONLY.** Drink as much fluid as you can during the day.  
*Examples of full liquids:* ice cream, pudding, yogurt, cream soup without chunks of solid food, milk shakes, coffee/tea with milk or creamer
- ☐ **AT 3:00 PM,** take (4) Dulcolax Laxative Tabs. These may cause cramping.
- ☐ **BEGIN A CLEAR LIQUID DIET** after you have taken the laxative tabs.  
*Examples of clear liquids:* Water, Black coffee, Tea (without milk/dairy/non-dairy creamer), Plain Broth, Popsicles, Jell-O, Gatorade, Apple/Grape/White Cranberry Juices, Soda, Kool-Aid [avoid any of these liquids if they have RED dye/coloring].

- Do continue to take your usually scheduled medications unless they are the medications listed above that you should have stopped.

**THE DAY BEFORE your procedure**

- **NO SOLID FOOD OR DAIRY PRODUCTS ALLOWED. CLEAR LIQUIDS ONLY.**
- **IN THE MORNING**, you may refrigerate the Gatorade, but it may be ingested at room temperature if you prefer.
- **Drink only clear liquids.** Drinking something hourly will make you less hungry, less weak, and make the preparation easier for you.

*\*If you have diabetes, drink at least some liquids containing sugar which will provide you with some calories, so your blood sugar does not drop too low. \**

- **AT 12:00 NOON**, take the remaining (4) Dulcolax Laxative Tablets. These may cause cramping.

YOUR BOWEL CLEANSE MAY TAKE UP TO 4-6 HOURS (OR LONGER), SO PLAN THE FOLLOWING STEPS OF THE CLEANSE PROCESS WITH THIS TIMEFRAME IN MIND

- **AT LEAST ONE HOUR BEFORE YOU BEGIN your Miralax cleanse, take any scheduled evening meds.** Your body will need time to absorb the medications and the Miralax will interfere with this process.
- **AT 5 PM BEGIN YOUR MIRALAX CLEANSE.** Once you start drinking your Miralax solution, you should not drink any other liquids until you've finished drinking the evening portion of Miralax solution. You may start earlier in the day to accommodate an earlier bedtime, especially if you have an early morning arrival time the day of your procedure.
  - **Mix (1) 238 g bottle of Miralax with 64 oz Gatorade (14 capfuls of Miralax in 64 oz Gatorade).**
  - **Drink 8 oz of Miralax-Gatorade blend every 10 min.** Rapid drinking of each glass is better than sipping. If the taste is difficult to tolerate, you may use a straw or suck on a sugar-free mint/hard candy in between glasses. Chewing gum may also help with the taste.
  - You should start to have a bowel movement within the hour.
  - If you start to feel full or nauseous, stop the prep for 30 minutes and then resume it at a slower pace—8 oz every 15 min.
  - **Mix remaining (1) 238 g bottle of Miralax with 64 oz of Gatorade (14 capfuls Miralax in 64 oz Gatorade).** You will only drink HALF of this second batch of prep solution tonight.
  - **Drink HALF (1/2) of this Miralax-Gatorade blend (32 oz) and place the remaining HALF (1/2) (32oz) in the refrigerator for use in the morning.**
- **Continue drinking only clear liquids** until bedtime.

**THE MORNING of your procedure**

**\* PREP SHOULD BE COMPLETED AT LEAST 2 HOURS PRIOR TO YOUR SCHEDULED APPOINTMENT TIME\***

- **DRINK ALL THE REMAINING MIRALAX-GATORADE PREP SOLUTION.** (32 oz of prep solution)
  - \*If your procedure is scheduled at 12:00pm or later **ONLY**, you may continue to drink small amounts of CLEAR LIQUIDS ONLY after the prep is completed. **You should not have anything to drink for at least two hours before your scheduled appointment time.**
  - \*Eating anything **is NOT allowed** and will result in a delay or cancellation of your procedure.

**YOU ARE READY FOR YOUR EXAM IF YOU ARE ABLE TO SEE THROUGH YOUR BOWEL MOVEMENTS AND THEY LOOK LIKE URINE.**

**CLOUDY LIQUID MEANS YOU ARE NOT READY FOR THE PROCEDURE.**

Clear yellow is the most common color, but they may vary depending on what clear liquids you have consumed.

Remember: if you cannot see through your bowel movement in the toilet, then the doctor cannot see through it in your colon.

**\*If you cannot tolerate this prep OR you have completed the prep and still are not Clear, please call the Endoscopy Department 755-3601 before coming in for your procedure.**

- **TAKE HEART, BLOOD PRESSURE, AND/OR SEIZURE MEDICATION(S) with small sip(s) of water just prior to leaving for your appointment.**

#### OTHER IMPORTANT INFORMATION

- Your appointment time is your arrival time; this is NOT your procedure time. Although the actual procedure may take as little as 20 minutes, the process from admission to discharge usually takes about 3 hours. We will do everything possible to avoid delays, but emergencies and complex cases may interrupt our schedule.
- To help make your visit smoother, please:
  - Bring a list of your current medications, even over-the-counter medications and supplements
  - Bring a list of your allergies
  - Bring any inhalers you may use
  - Wear comfortable, loose-fitting clothing
  - Leave your valuables/ jewelry at home. Body piercings will have to be removed for safety purposes.
  - Please do not use perfume. We are a fragrance-free hospital to better serve our community members who have allergies to various scents.
- **YOU WILL NOT BE ALLOWED TO DRIVE OR WALK YOURSELF HOME after the procedure because of the sedation; please arrange for a responsible adult to drive you home.**

The Endoscopy Services department is located in the basement of the Women's Pavilion, which can be readily accessed from the Main Lobby entrance at 93 Campus Avenue. Once inside, walk straight ahead past the information desk and **REGISTER AT the hospital's outpatient lab**. You will then be directed to our department. If you need wheelchair assistance, the staff at the information desk in the Main Lobby can arrange for transport within the hospital.