

## Community Care General Surgery

### INSTRUCTIONS FOR BOWEL PREP WITH MIRALAX AND BISACODYL

#### ONE WEEK PRIOR TO YOUR COLONOSCOPY:

Please discontinue aspirin, aspirin containing medications or other blood thinners one week prior to the procedure unless otherwise directed by your physician.

Tylenol or other medications with acetaminophen, ibuprofen, Naprosyn or other non-steroidal anti-inflammatory drugs are safe to use prior to your colonoscopy.

Avoid food with seeds or nuts and/or popcorn 3 days prior to the colonoscopy.

#### Purchase:

Miralax Powder (238grams), available over the counter.

Bisacodyl (Dulcolax or Correctol) tablets (5mg) – 3.

64oz any flavor or color (OK to use Gatorade).

#### DAY BEFORE YOUR COLONOSCOPY:

Start a liquid diet with breakfast. Solid foods are **NOT** allowed.

#### “Liquids” include:

- Juices without pulp
- Ice Pops or Italian Ices
- Coffee or Tea
- Hard Candies
- Smoothies or shakes
- Soups that do not contain solid vegetables (i.e. Campbell’s® Chicken Noodle, Cream of Mushroom, Tomato Soup)
- Soda or non-carbonated soft drinks
- Water
- Plain Jell-O®
- Carnation® Instant Breakfast Drink
- Ensure®, Boost®, or other protein drinks

**GENERAL RULE: IF YOU HAVE TO CHEW IT, YOU CANNOT HAVE IT!**

#### FOLLOW THESE INSTRUCTIONS FOR COLON PREPARATION:

1. At 3 pm or \_\_\_\_\_ take the 3 Bisacodyl (Dulcolax or Correctol) tablets
2. At 5 pm or \_\_\_\_\_ mix all the Miralax powder into 64oz of clear liquid. Mix well until the Miralax is dissolved. Drink one 8oz glass every 15 to 20 minutes until the solution is gone (approx 2 hours). (Slower if nausea develops.)
3. Continue to drink more clear liquids until bedtime.
4. You may have clear liquids until midnight before the colonoscopy or surgery.

**NOTE:** Miralax and Bisacodyl are laxatives. Individual responses to laxatives do vary; this prep will cause multiple bowel movements. It may work within with 30 minutes but may take as long as 3 hours. Please remain within easy reach of toilet facilities.

#### Day of Colonoscopy or Surgery:

1. Nothing by mouth on the morning of exam, unless instructed by physician.
2. Arrive for colonoscopy or surgery at the time instructed by our scheduler.
3. Someone must accompany/drive you home after your exam and stay with you a few hours.
4. Take your usual medications in the morning with a sip of water.

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**If you have any questions, please call Surgical Scheduling at  
(518) 785-5884**