



# BOWEL PREP INSTRUCTIONS

## Getting ready for your colonoscopy



### Items needed for the prep (no prescriptions required)

- Bisacodyl (Dulcolax) – 4, 5-mg tablets – get the *laxative, not a stool softener or suppository*
- MiraLAX powder – 8.3 ounces – *you can also use generic polyethylene glycol 3350*
- Clear liquid with electrolytes – 64 ounces – *Gatorade, Gatorade Ice, PowerAde or Propel Water*



### One week prior to your colonoscopy

Stop taking only the medications that your healthcare provider told you to stop. See the “Medicines to know about before surgery” list (pink sheet).

Avoid these foods for at least five days prior to your colonoscopy:

- peas and beans
- corn and popcorn
- seeds and nuts
- raisins



### The day before your colonoscopy – bowel prep day

**8:00 am**

(or as soon as you wake up)

- Take two Bisacodyl tablets with water.
- Mix 64 ounces of clear liquid with electrolytes and 8.3 ounces of MiraLAX. Place the mixture in the refrigerator to chill - **Do not add ice.**

**10:00 am**

(or two hours after your first dose)

- Take two more Bisacodyl tablets with water.

**12:00 pm**

(or two hours after your second dose)

- Begin drinking the chilled MiraLAX mixture.
- Drink one eight-ounce glass every 15 minutes, until the mixture is gone.

**DO NOT have anything to eat or drink after midnight, including clear liquids (unless otherwise instructed).**

**Stick to a clear liquid diet the day of your bowel prep.**

| GOOD options                         | Things to AVOID                   |
|--------------------------------------|-----------------------------------|
| water or electrolyte drinks          | alcohol                           |
| chicken or beef broth                | milk or creamer                   |
| coffee or tea (without creamer)      | soup with noodles or vegetables   |
| lemon-lime soda (Sprite, 7-Up, etc.) | juice with pulp                   |
| apple or white grape juice           | any liquid you cannot see through |
| lemon or lime gelatin                |                                   |
| lemon, lime, or banana popsicles     |                                   |



### The morning of your colonoscopy – procedure day

Take only the medications your healthcare provider has approved. If this is in pill form, use just enough water to get the pills down.

*Thank you for choosing Mile Bluff for your care.*

*To review the video you watched in the clinic,  
scan the QR code or visit [youtu.be/j68JgIMBeBE](https://youtu.be/j68JgIMBeBE).*



## Important things to note for after you begin your prep



- **The bowel prep mixture will cause you to have diarrhea.**
  - This can come on suddenly, so you'll want to stay near a toilet.
  - Expect multiple bowel movements.
  - This can start in as little as 30 minutes after you begin drinking the mixture. *In some cases, it can take up to three hours to begin working.*
  - Once your bowel movements begin, it can take three or more hours for all of the stool to be flushed from your colon.
- **Abdominal discomfort and bloating are common.**
  - Walking between drinking each glass of the mixture may help.
- **The mixture can cause nausea or vomiting.**
  - If this occurs, take a 30 minute break and start drinking again at a slower rate.
- **It is important to drink all of the mixture.**
  - This may result in drinking the mixture while sitting on the toilet.
- **Preparation for your colonoscopy can cause dehydration.**
  - Drink at least eight glasses of water throughout the day.
  - Staying hydrated will help keep your veins strong for when your IV is placed before surgery.
- **Anal skin irritation or hemorrhoid flare-ups may occur. You can take steps to prevent this.**
  - Before the prep, apply Vaseline or Desitin to the anal area and between buttocks. Reapply as needed.
  - Use baby wipes instead of toilet paper (avoid products containing alcohol).
  - Use Tucks pads or prescription hemorrhoid cream, if needed. Do not use suppositories.



*If you have any questions or concerns,  
call us at 608-847-5000.*