

Colonoscopy Prep — Dulcolax[®] and MiraLAX[®]

Colonoscopy

A colonoscopy is a procedure that lets your doctor see your large intestine (colon). They use a long, flexible tube (a “scope”) that goes into your rectum and through your colon.

The procedure takes about 15 to 30 minutes. You should plan to be at the surgery center for approximately 2 hours.

What you need to know

Due to the sedation you will be given before your procedure:

- You must have a driver take you home or your procedure will need to be canceled.
- You can't drive or go back to work the day of the procedure.
- You need someone to stay with you for 12 hours after the procedure.
- You can't take public transportation, a taxi or other ride-hailing services home alone.
- Your driver should stay at the surgery center during your procedure.

Two weeks before your procedure

- Contact your doctor if you take:
 - Blood thinners, such as Warfarin, Jantoven[®], Eliquis[®], Plavix[®]
 - Insulin or diabetic medication, such as Novolog[®], Humalog[®].
 - GLP-1 agonists for diabetes or weight loss, such as Trulicity[®], Ozempic[®], Wegovy[®], Zepbound.
- Your medications may need to be stopped or changed for your safety prior to your procedure.

Your procedure

Location: _____

Date: _____

Phone call: You will get a call about a week before your procedure with your arrival time. If you don't get this call within 5 business days of your procedure, call 763-684-7760 and talk to a nurse. If you need to cancel or reschedule, call 763-684-7722 during business hours.

What you need to buy

- ☐ You can buy items for your bowel prep at any pharmacy or the Buffalo Hospital Gift Shop (open Monday through Thursday).
- ☐ Follow the instructions below, not the ones on the package.
 - Bisacodyl or Dulcolax 5 mg tablets (4 tablets).
 - Gatorade or Powerade (one 64 oz. or two 32 oz. bottles) - NO RED, PURPLE or DARK BLUE DRINKS.
 - MiraLax powder 238-gram size bottle.
 - Simethicone (Gas-X[®] or gas relief medicine) 80 mg or 125 mg tablets, chewables or softgel. If you buy 125 mg tablets, buy enough to take 2 tablets. If you buy 80 mg tablets, buy enough to take 3 tablets.

Seven days before your procedure

- Stop taking any fiber supplements or iron supplements. Don't eat popcorn, seeds or nuts.

(over)

Three days before your procedure

- Eat a low fiber diet like white bread, fish, chicken, eggs, cooked vegetables, milk, plain yogurt.

The day before your procedure

- Be on a clear liquid diet all day. This includes water, clear broth/bouillon, soda pop, sports drinks, gelatin, frozen ice, coffee, tea and fruit juices without pulp.
 - No solid foods.
 - No red/purple liquids, tomato or orange juice, alcoholic drinks, milk or non-dairy creamer.
 - In the morning, mix the entire MiraLax powder with the Gatorade until it dissolves. You can put it in the fridge or leave it at room temperature.
 - At 9 a.m., take 4 Bisacodyl/Dulcolax tablets. The effects won't happen immediately.
 - At 6 p.m., start drinking the MiraLax and Gatorade solution. Drink an 8 oz. glass every 15 minutes. It will take about 2 hours to drink the whole 64 oz. **If your arrival time is at 11 a.m. or later, only drink half the MiraLax mixture the day before.**
 - With the last glass of MiraLax-Gatorade solution, take 240-250 mg of simethicone (Gas-X® or gas relief medicine). If you only drank half of the MiraLax mixture, take these tablets in the morning after the completion of the prep.
 - Keep drinking clear liquids after you finish the bowel prep mixture to stay hydrated.
 - If you vomit or feel bloated or crampy, take a 15-30 minute break and then start drinking the bowel prep mixture again.
 - This bowel prep may make you go to the bathroom during the night.

The day of your procedure

- If your procedure is after 11 a.m., drink the last half of the MiraLax/Gatorade prep at 6 a.m. Drink 8 oz. every 15 minutes until you finish it all. With the last glass of MiraLax-Gatorade solution, take 240-250 mg of simethicone (Gas-X® or gas relief medicine).
- Prep results must be clear (toilet bottom visible). If not, call your procedural care team at 763-684-7762 between 6 a.m. to 4 p.m.
- Three hours before your arrival time, take any other regular medicines with a small sip of water. Stop consuming liquids and do not take anything by mouth.
- You can drink clear liquids up to 3 hours before your procedure.
- Wear comfortable clothing.

Questions?

If you have any questions, call Same Day Surgery at 763-684-7762 and ask to speak to a nurse.