

Your procedure is scheduled for:

Date: _____

Place: _____

Arrival Time: _____

Procedure Time: _____

Physician: _____

A bowel prep is done to clear the bowel of solid matter. Its purpose is to prepare the bowel for surgery or a procedure. Please follow these instructions. Begin the bowel prep one day before your scheduled procedure.

To Prepare:

- Tell your Doctor if you have Diabetes or take blood thinners. You may need to stop some of your medicines a few days before your procedure.
- Ask your Doctor if you should take any of your medicines the morning of your test. If so, take with sips of water only.
- ONE WEEK BEFORE your test:
 - Do NOT take iron tablets.
 - Do NOT take fiber supplements like Metamucil, Citrucel or Fiberall.
 - Do NOT eat popcorn or any corn.
- You will need these items from a pharmacy:
 - MiraLAX in large bottle (8.3 ounces or 238 grams)
 - Four (4) Dulcolax or Bisacodyl tablets (5 milligram tablets)
 - There may be store brands of these products that cost less. Ask the Pharmacist to help you find what you need.
- Buy a large 64 ounce bottle of sports drink such as Gatorade. If you have diabetes, buy no or low calorie drink such as G2 or Crystal Light instead. This will be used to mix with your MiraLAX the day before your procedure. Do NOT mix with carbonated beverages.
- Arrange to have an adult bring you to your appointment and take you home after your procedure.

On the Day Before Procedure:

1. DO NOT EAT.
2. Drink only clear liquids (no red or purple dye).

Acceptable: Water, coffee, tea, apple juice, white grape juice, soda such as Sprite, 7-UP and ginger ale, Jell-O, popsicles, broth and Gatorade or sports drinks.

- **DO NOT** drink milk or use non-dairy creamer.
- **DO NOT** eat or drink anything colored red or purple.
- **DO NOT** drink alcoholic beverages.

I understand the above discharge instructions and have been given the opportunity to ask questions.

Patient's Signature and/or Other Responsible Person

Date

Time

Nurse's Signature

Date

Time

Physician's Signature

Date

Time

Reviewed/Revised: 8/18
Reference:
For Use On:

STILLWATER MEDICAL CENTER
MiraLAX and Dulcolax Bowl Prep for Colonoscopy
Patient Instructions
Adult Gastroenterology of Stillwater

Patient Label (Pt Name, V#, MR#,
DOB, DOS, Age, Sex, Loc, Physician)

3. Follow the schedule in the table below for your bowel prep. You may need to get to the toilet right away. You will have many bowel movements through the day. They will become very watery. The bowels are clear or clean when there is only a pale yellow fluid without flecks of stool.

1:00 PM	Take four (4) Dulcolax tablets with a drink of clear liquids.
2:00 PM	Mix the MiraLAX in a 64 oz. bottle of Gatorade or other clear liquid of choice. Cap the bottle and shake the bottle to dissolve the powder. Chill in the refrigerator if preferred.
4:00 PM	Start to drink the MiraLAX. Drink one glass every 10-15 minutes. Drink it quickly rather than sipping. Drink half of the liquid in 2 hours.

The Morning of the Procedure:

- Four (4) hours before the procedure, begin drinking the liquid again. Finish drinking it at least 2 hours before the procedure. For morning procedures, this means waking up very early, but it will ensure the best possible prep. Studies have shown that taking part of the prep the morning of the procedure gives the doctor the best possible view of the colon. A clean colon is essential for finding and removing polyps that may cause cancer. If the prep is excellent and no polyps are found, a colonoscopy may not be needed for 5-10 years.
- DO NOT eat anything until your test is done. You may drink clear liquids UNTIL 2 hours before your procedure.
- Routine medications may be taken with a sip of water.
- You will need to have an adult with you to take you home after your procedure. You will not be able to leave by yourself and it will not be safe for you to drive because of the medicine you are given at the start of the procedure.
- You may be told to arrive 1 hour before your procedure is scheduled so that staff can get you ready. Expect to be there for 2-4 hours for your procedure and recovery time.

Please call the office during regular business hours for any questions.

405.533.1695 Monday–Friday 8:00 AM–4:30 PM

I understand the above discharge instructions and have been given the opportunity to ask questions.

 Patient's Signature and/or Other Responsible Person

 Date

 Time

 Nurse's Signature

 Date

 Time

 Physician's Signature

 Date

 Time

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