

Colonoscopy MiraLAX Prep Instructions

Date of Colonoscopy: _____

Your colonoscopy will be performed by Dr Alexis Alexandridis at Sonoma Valley Hospital (SVH). Please ensure you have a responsible adult to drive you home after your colonoscopy.

One week prior to your procedure:

- You will be notified of your **arrival time** by the pre-op nursing staff at SVH.

Purchase:

- 64 oz of clear liquids. For example, Gatorade, apple or white grape juice; Water is acceptable.
- 238 gram bottle of **MiraLAX** or generic/store brand (available over-the-counter)
- 4 tablets of **Dulcolax**, 5 mg or generic/store brand (available over-the-counter)
- Stock up on additional clear liquids (see Clear Liquid Diet list for more ideas)
- **Optional:** For an easier prep, start a *low-residue diet* 4-7 days in advance (see Low-Residue Diet List)
- **Optional:** A&D ointment or Desitin for the skin around the anus to prevent irritation

Prep Day (The day before your colonoscopy): _____

- Diabetics: please do not take Metformin today
- Eat a Low-residue breakfast and lunch only. **Clear Liquids only after 3:00 PM.**
- Mix the entire 238 gram bottle of MiraLAX powder into the 64 oz clear liquid and mix until dissolved; you may need to do this in a pitcher or large bowl. Divide the mixture into two even cups of 32 oz each and place in the refrigerator for later.

First half of the prep:

At 6:00 PM:

- Begin with the first cup of 32 oz mixed **MiraLAX** drink. **Drink an 8 oz every 10-15 minutes, four times**

At 8:00 PM:

- Take **2 Dulcolax tablets** with a glass of water
- Drink as much water or other clear liquids as possible

Everyone has a different response to the bowel prep: some will have immediate results, some will have results in the morning. If you experience nausea while drinking the prep, you may slow down and drink the 8oz of prep every 30 minutes.

Colonoscopy Day: **My SVH Arrival Time:** _____

If your arrival time is **before 11:00 AM**

Take the second half of the prep at 9:00 PM on Prep Day (the day before colonoscopy)

Second half of the prep:

- Take 2 Dulcolax tablets with a glass of water and drink the remaining 32 oz cup of MiraLAX (Drink 8 oz every 10-15 minutes, until finished)
- **Nothing to eat or drink after midnight**

If your arrival time is **after 11:00 AM**

Take the second half of the prep 6 hours before your SVH arrival time on colonoscopy day.

Second half of the prep:

- Take 2 Dulcolax tablets with a glass of water and drink the remaining 32 oz cup of MiraLAX (Drink 8 oz every 10-15 minutes, until finished)
- **Nothing more to eat or drink once prep is done**

- Critical medications (if instructed) can be taken with a sip of water; other medications can wait until after the procedure. *Diabetics:* Do not take full dose insulin, diabetic pills, or Metformin on colonoscopy day.

LOW-RESIDUE DIET

TYPE OF FOOD	YES: OK TO EAT	NO: AVOID THESE FOODS
MILK & DAIRY	Milk, cream, hot chocolate, buttermilk, cheese, yogurt, sour cream; custard, plain pudding, ice cream	Yogurt mixed with nuts, seeds, granola, chia, fruits with skin or seeds (like berries)
BREAD & GRAINS	Breads and grains made with refined white flour (including rolls, muffins, bagels, pasta); White rice; Plain crackers, such as Saltines; Low-fiber cereal (including puffed rice, cream of wheat, corn flakes)	Brown or wild rice; Whole grain bread, rolls, pasta, or crackers; Whole grain or high-fiber cereal (including granola, raisin bran, oatmeal); Bread or cereal with nuts or seeds; Quinoa
MEAT & ALTERNATIVES	Chicken, Turkey, Lamb, Lean pork, Ground beef, Veal, Fish and seafood, Eggs, Tofu	Tough meat with gristle; Steak; Tempeh
SOUPS & DRINKS	Broth, bouillon, consommé, strained soups Coffee, tea, soda, Ensure/Boost without added fiber	Chili, lentil soup, corn soup, pea soup, bean soup, unstrained soup Juice with pulp, drinks with red or purple dyes
LEGUMES	NONE	Dried peas, dried beans, lentils, other legumes
FRUITS	Fruit juice without pulp, applesauce, ripe honey dew melons/cantalope, ripe peeled apricots/peaches, canned or cooked fruit without skin or seeds	Raw fruit with seeds, skin, or membranes (includes berries, pineapple, apples, oranges, watermelon); any cooked or canned fruit with seeds or skin; Raisins or other dried fruit
VEGETABLES	Cooked or canned vegetables without skin or peels; potatoes without skins, cucumbers without seeds or peels	Corn, Potatoes with skin, Tomatoes, Cucumbers with seeds and peel; Cooked cabbage or Brussels sprouts; Green peas; Summer and winter squash; Lima beans; Onions
NUTS, FATS & TREATS	Creamy peanut butter, butter, oils, mayonnaise Jell-O without red or purple dyes Cookies/cake made with white flour and without seeds, nuts	Nothing with nuts or seeds; Coconut; Popcorn, Jam/jelly, Relishes, Pickles, Olives, Stone-ground mustard

CLEAR LIQUID DIET

Clear, non-fat broth or stock	Clear nutritional drinks	Pulp-free, dairy-free frozen ice pops	Pulp-free apple juice
Coffee without milk/non-dairy creamer	Sports drinks	Water	Pulp-free lemonade
Tea without milk/non-dairy creamer	Clear soda (do not mix with MiraLAX)	White grape juice	Jell-O

CLEAR LIQUIDS ARE “SEE-THROUGH”: THEY HAVE NO PULP, NO FIBER, NO FAT, AND NO SIGNIFICANT PROTEIN. PLEASE AVOID RED/PINK/PURPLE LIQUIDS. IF A LIQUID IS NOT ON THIS LIST, PLEASE DO NOT CONSUME IT WHILE DOING YOUR COLONOSCOPY BOWEL PREP.