

**YOUR BOWEL PREP IS EXTREMELY IMPORTANT!  
PLEASE READ INSTRUCTIONS CAREFULLY**

Prep: MiraLAX with Pedialyte

<p><b>1 Week Before</b></p>	<ul style="list-style-type: none"> <li>❑ <b>Purchase</b> the following: <ul style="list-style-type: none"> <li>○ 238 gram bottle of <b>MiraLAX</b> powder (over the counter).</li> <li>○ Two (2) 33.8 ounce bottles of <b>Pedialyte</b> to mix the MiraLAX in. Pedialyte is often found in the baby section of the pharmacy/grocery store. <b>NO RED OR PURPLE.</b></li> <li>○ Four (4) Dulcolax (bisacodyl)- 5 mg laxative pills (over the counter).</li> <li>○ GasX or simethicone gas relief over the counter. You will only need 4 of these. These help decrease bubbles in your colon.</li> <li>○ Clear liquids – Refer to <b>clear liquid diet handout.</b></li> </ul> </li> <li>❑ <b>Plan for a driver:</b> Plan for someone to drive you home or escort you if taking alternate modes of transportation. You will be sedated for your procedure. You should not drive again until the morning after your procedure.</li> <li>❑ <b>Stop eating</b> any visible seeds, nuts or whole grains. You can still eat fruits and vegetables if you remove the seeds from them. Refer to the <b>dietary guidelines handout.</b> Please do not take oil-based vitamins/supplements (A, D, E or K, fish oil, etc.) for a full 7 days before your procedure. While we may not cancel your procedure if you have accidentally consumed them the week before your procedure, it may impact the quality of your prep.</li> <li>❑ If you are <b>diabetic</b> and/or taking <b>prescription blood thinning medication</b>, refer to handout. If you did not receive this handout, contact our office.</li> </ul>
<p><b>1 Day Before</b></p>	<ul style="list-style-type: none"> <li>❑ <b>Start clear liquid diet</b> from the time you wake up. Refer to clear liquid diet handout.</li> <li>❑ <b>At 6:00 pm:</b> Take 2 Dulcolax pills.</li> <li>❑ <b>At 7:00 pm:</b> <ul style="list-style-type: none"> <li>○ Mix half the bottle of MiraLAX (7 capfuls of powder) into one bottle (33.8 ounces) of Pedialyte until completely dissolved.</li> <li>○ Drink the entire mixture of MiraLAX-Pedialyte (33.8 ounces) at a rate of one 8-ounce glass every 15-20 minutes. This should take 1-1.5 hours.</li> <li>○ <b>Take 2 GasX pills.</b></li> <li>○ If you experience nausea or vomiting, take a 15-30 minute break, then continue drinking prep solution.</li> </ul> </li> </ul>
<p><b>Procedure Day</b></p>	<ul style="list-style-type: none"> <li>❑ <b>Continue clear liquid diet</b> from the time you wake up.</li> <li>❑ <b>7 HOURS PRIOR to your procedure:</b> <ul style="list-style-type: none"> <li>○ Take 2 Dulcolax pills.</li> <li>○ Mix the remaining half of MiraLAX (7 capfuls of powder) into the second bottle (33.8 ounces) of Pedialyte. Mix until completely dissolved.</li> <li>○ Drink the MiraLAX-Pedialyte mixture at the rate of one 8-ounce glass every 15-20 minutes until it is entirely gone.</li> <li>○ <b>Take 2 GasX pills.</b></li> </ul> </li> <li>❑ <b>6 HOURS PRIOR to your procedure:</b> <ul style="list-style-type: none"> <li>○ <b>Stop all use of cigarettes, e-cigarettes, chewing tobacco and marijuana.</b></li> </ul> </li> <li>❑ <b>5 HOURS PRIOR to your procedure:</b> <ul style="list-style-type: none"> <li>○ Drink 3 more 8-ounce glasses of clear liquids over the next hour.</li> </ul> </li> <li>❑ <b>4 HOURS PRIOR to your procedure:</b> <ul style="list-style-type: none"> <li>○ <b>NO DRINKING/NOTHING</b> by mouth – including water, gum, hard candy/mints.</li> <li>○ The only exception: If you have a critical medication that cannot be taken 4-6 hours early, it can be taken up to 2 hours before the procedure, <b>BUT ONLY WITH A SIP OF WATER</b> (no more than 2-3 TABLESPOONS).</li> </ul> </li> <li>❑ If you cannot see through to the bottom of the toilet one hour after finishing your prep, please call our office for further advice after 6 am.</li> <li>❑ <b>Have the following:</b> <ul style="list-style-type: none"> <li>○ A ride home. To be confirmed at check-in.</li> <li>○ Insurance cards &amp; driver's license. Do not bring valuables.</li> </ul> </li> </ul>