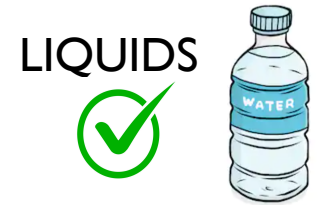


# Bowel Prep for Colonoscopy

## Step 1: Take in only clear liquids all day (no solid food!)

- You will need to follow a clear liquid only diet the whole day before your colonoscopy.
- Do not eat ANY solid foods or liquids that are not clear, such as milk.
- Do not drink anything red, purple, or blue.
- If you have diabetes, you should drink sugar-free clear liquids and check your blood sugar level often. If you have any questions, call your diabetes doctor.
- **TIP:** examples of clear liquid DOs and DONTs can be found on the next page.
- **TIP:** Make sure to drink plenty of liquids in addition to the bowel prep. Try to drink at least one (8-ounce) glass of clear liquid every hour while you're awake. This will keep you hydrated and give you calories.



## Step 2: The morning before the procedure: Mix the MiraLAX

- Mix the whole bottle of MiraLAX powder (238 grams) with 8 glasses (64 ounces) of a room temperature clear liquid (such as Gatorade or apple juice) until the MiraLAX powder dissolves.
- **TIP:** Once the MiraLAX is dissolved, you can put the mixture in the refrigerator. Many people find it tastes better chilled.
- **TIP:** If you need a low-sugar substitute, use Gatorade G2 brand.



## Step 3: Start your bowel preparation at 4pm

- Take 4 Bisacodyl (Dulcolax) tablets by mouth with a glass of water.
- Drink one glass of the MiraLAX mixture every 10 to 15 minutes, until you drink it all. This should take about 2 hours.
- **TIP:** Drink it quickly rather than sipping small amounts because it does not taste good.



**Turn the page for frequently asked questions and clear liquid diet guidelines!**

## Frequently Asked Questions

### **Are you nauseated or throwing up from the prep?**

Stop drinking the prep for 20 minutes. When you restart, drink it more slowly.

### **Is your bottom sore from all the loose stools?**

Apply petroleum jelly (Vaseline®), diaper rash cream like Desitin® or A & D® ointment to the skin around your anus after every bowel movement. This helps prevent irritation.

### **When will I start to have bowel movements after finishing the prep?**

Bowel movements usually begin within 1 hour of starting the drink but may take much longer for some people. It is normal to be in and out of the bathroom often, have watery stool, and feel a constant or near-constant need to have diarrhea.

### **How do I know if the prep worked enough?**

The bowels are clean when there is only clear green or yellow fluid without pieces of stool.

### **What do I do after I've finished the prep?**

Continue to drink clear liquids to stay hydrated and flush out your colon. You can continue to drink clear liquids until 4 hours before your scheduled arrival time. Don't eat anything other than clear liquids until after your procedure.


































### **What if I am on blood thinners?**

If you have any questions about stopping your medication, please contact your cardiologist or doctor who manages your blood thinner medications. In general, these guidelines are followed:

- **Stop 7 days prior to procedure:** brillinta (Ticagrelor), effient (Prasurgel), persantine (Dipyridamole), plavix (Clopidigrel), pletal (Cilastazol), ticlid (Ticlopidine)
- **Stop 5 days prior to procedure:** warfarin (Coumadin)
- **Stop 2 days prior to procedure:** pradaxa (Dabigatran), xarelto (Rivaroxaban), savaysa (Edoxaban), eliquis (Apixaban)
- **Stop the morning of procedure:** enoxaparin (Lovenox)
- **Okay to continue:** Aspirin (325 mg or baby- 81 mg)

**Do you have questions?** Call our office (508) 334-9185 and ask to speak with our nurse.

# Clear Liquid Diet Guidelines

	 OK	 NOT OK
<b>Soups</b> 	<ul style="list-style-type: none"> <li> Clear broth, bouillon, or consommé</li> </ul>	<ul style="list-style-type: none"> <li> No soup with particles of food</li> <li> No cream soups</li> </ul>
<b>Sweets</b> 	<ul style="list-style-type: none"> <li> Gelatin, such as Jell-O<sup>®</sup></li> <li> Flavored ices</li> <li> Hard candies, such as Life Savers<sup>®</sup></li> </ul>	<ul style="list-style-type: none"> <li> No red, purple, or blue</li> </ul> <div style="display: flex; justify-content: space-around; align-items: center;">    </div>
<b>Drinks</b> 	<ul style="list-style-type: none"> <li> Clear fruit juices, such as apple, white cranberry, lemonade, or white grape</li> <li> Crystal Light<sup>®</sup></li> <li> Soda, i.e. ginger ale, or seltzer</li> <li> Gatorade<sup>®</sup>, Powerade<sup>®</sup></li> <li> Black coffee</li> <li> Tea</li> <li> Water</li> </ul> <div style="display: flex; justify-content: space-around; align-items: center; margin-top: 10px;">    </div>	<ul style="list-style-type: none"> <li> No juices with pulp</li> <li> No nectars</li> <li> No milk or cream</li> <li> No alcoholic beverages</li> <li> No red, purple, or blue</li> </ul> <div style="display: flex; justify-content: space-around; align-items: center; margin-top: 10px;">    </div>