



## Miralax, Gatorade, and Dulcolax

You are scheduled for a colonoscopy, a procedure in which a doctor examines the lining intestine by looking through a flexible tube called a colonoscope. If growths or other abnormalities are found during the procedure, the doctor may remove the abnormal tissue for closer examination or biopsy. To properly prepare for the colonoscopy, follow these instructions. A nurse from Altru's Ambulatory Procedure Center will call you to the procedure to review the preparation process and answer any questions you have.

Please remember to arrange for a responsible adult to accompany you home. If you do not have an adult escort, your procedure will be cancelled and rescheduled. Review the preparation schedule below for the days preceding your colonoscopy. If you have any questions about this process, please call 701.732.7522

one week prior	three days prior	two days prior	one day prior	procedure day
<ul style="list-style-type: none"> <li>✓ <b>Purchase:</b> <b>No red or purple liquids</b></li> <li>1. Miralax 238 gram bottle (over the counter).</li> <li>2. Four Bisacodyl (Dulcolax laxative) tablets (over the counter). <b>These tablets must contain 5mg of Bisacodyl each.</b></li> <li>3. 64 oz. of Gatorade. Refrigerate the gatorade if you want to drink it cold.</li> <li>✓ <b>If you take fiber supplements, oil capsules,</b> discontinue 7 days before your appointment.</li> <li>✓ <b>If you take medications containing iron,</b> discontinue 5 days before your appointment. This includes multi-vitamins with iron.</li> <li>✓ <b>If you have diabetes,</b> ask your regular doctor for diet and medication instructions.</li> <li>✓ <b>If you take a medication to thin your blood</b> and have not already discussed this with our office, please call our office at 701-732-7521.</li> <li>✓ <b>Pregnant or think you might be?</b> Bowel cleaning products have not been researched/tested on pregnant women. Please discuss risks and benefits of this procedure with your ordering doctor.</li> <li>✓ <b>Remember you must have a driver accompany you home after your procedure.</b></li> </ul>	<p><b>BEGIN LOW FIBER DIET</b></p> <p>No raw fruits or vegetables No whole wheat or high fiber No nuts or popcorn No Metamucil, Fibercon, bran or bulking agents</p> <p>✓ Stop eating all high fiber foods. A low-fiber diet can be found on the back of page.</p>	<ul style="list-style-type: none"> <li>✓ Drink at least eight glasses of water throughout the day.</li> <li>✓ At 4:00 p.m., take two (2) tablets of bisacodyl (Dulcolax).</li> <li>✓ <b>No solid foods after midnight.</b></li> </ul>	<p><b>BEGIN CLEAR LIQUID DIET AS SOON AS YOU GET UP IN THE MORNING</b></p> <p>Water, clear broth or bouillon, coffee or tea (without milk or non-dairy creamer), Gatorade, Pedialyte, carbonated &amp; non-carbonated soft drinks, Kool-Aid or other fruit-flavored drinks, strained fruit juices (no pulp), Jell-O, popsicles and hard candy.</p> <p><b>*No red or purple liquids.</b></p> <ul style="list-style-type: none"> <li>✓ Drink at least eight glasses of water throughout the day.</li> <li>✓ At 6:00 p.m., pour out and either drink or discard enough of the Gatorade (approx. 6 ounces) to allow room for the Miralax powder. Mix the 238 grams (8.3oz bottle) of MiralaxX with the 64 oz. of Gatorade. Drink one 8 oz. glass every 15 minutes until 1/2 of the solution is consumed.</li> </ul> <p><b>Once you have completed the first 1/2 of the Miralax, take two (2) tablets of bisacodyl (Dulcolax).</b></p> <ul style="list-style-type: none"> <li>✓ If you have nausea or vomiting, rinse your mouth with water, take a 15 to 30 minute break and then continue drinking the prep solution.</li> </ul>	<ul style="list-style-type: none"> <li>✓ At least 3 hours before your scheduled arrival time, you will finish the second half of the solution. This needs to be completed no later than 2 hours before your arrival time.</li> <li>✓ Be sure to bring: Driver Insurance Card</li> <li>✓ <b>You may continue to drink clear liquids up to 2 hours before report time.</b></li> <li>✓ <b>Remember you must have a driver accompany you home.</b></li> <li>✓ <b>You can not drive the remainder of the day after your procedure.</b></li> <li>✓ Your stools should be a clear yellow after your prep is completed. If your stool is still brown or you cannot see through to the bottom of the toilet please call us at 701.732.7522.</li> </ul>
<p><b>NOTE: Oral laxatives may cause mild cramping, bloating or nausea. Always stay near a toilet when using laxatives.</b></p>				

**Reminder only clear liquids the day prior to your procedure! No solid foods!**

## **Low Fiber/ Low Residue Diet**

The diet limits fiber to 15 grams or less per day and omits nuts, seeds and whole grains. Fruits and vegetables are limited.

### **FOODS ALLOWED** *(Two- three days prior to your procedure)*

**Beverage** - All

**Meat Or Substitute** - Meat, fish, poultry, eggs, cheese, cottage cheese, creamy peanut butter.

**Potato Or Substitute** - Potatoes (white or sweet) are limited to a single 1/2 cup serving per day. White rices, refined pasta.

**No whole grain.**

**Vegetable** - Strained vegetable juices, Limit of 1 cup **total** per day of vegetables. Tomato paste and puree. **No raw vegetables.**

**Fruit** - Limit of 1 cup **total** per day of fruit. **Note:** Apple juice may contribute to loose stools. **No raw fruit.**

**Bread** - White, Vienna, Italian or French breads. Refined wheat bread (label often states - blended wheat bread), white or refined rolls or crackers such as saltines, Ritz, biscuits, pancakes, waffles.

**Cereal** - Refined cooked and dry cereals (such as, but not limited to) cream of rice, cornflakes, puffed wheat, Rice Krispies (check fiber content label on cereal, avoid cereals with more than 1.5 grams of fiber per serving).

**Fat** - Margarine, butter, salad oils, salad dressings, bacon and plain gravies.

**Soups** - Bouillon and broth.

**Sweets** - Pudding, custard, ice cream, popsicles, sherbet, fruit ice, gelatin, hard candy, honey, jelly, syrup, molasses, marshmallows, gum drops, licorice, chocolate, soft cream candies.