



## Miralax, Galotorade and Dulcolax - Afternoon Procedure

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 a few days prior 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) 780-6394.

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>4. If you have fewer than three bowel movements per week, purchase one 10 oz. bottle of Magnesium Citrate (over the counter).</li> <li>✓ <b>If you take fiber supplements, oil capsules or medications containing iron,</b> discontinue those seven days before your appointment. This includes multi-vitamins with iron.</li> <li>✓ <b>If you have diabetes, ask</b> 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 701-780-6394.</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> <ul style="list-style-type: none"> <li>✓ Stop eating all high fiber foods. A low-fiber diet can be found on the back of page.</li> <li>✓ If you have fewer than three bowel movements per week, take the 10 oz bottle of Magnesium Citrate at 6:00 p.m.</li> </ul> <div style="border: 1px solid black; padding: 5px; margin-top: 10px; text-align: center;"> <p><b>NOTE: Oral laxatives may cause mild cramping, bloating or nausea. Always stay near a toilet when using laxatives.</b></p> </div>	<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 about six ounces of the Gatorade to allow room for the Miralax. Mix the 238 grams of Miralax with the 64 oz. of Gatorade. Drink one 8 oz. glass every 15 minutes until the bottle is empty. <b>Take two (2) tablets of bisacodyl (Dulcolax) after Miralax is completed.</b></li> <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 7:00 a.m., drink the rest of the solution.</li> <li>✓ Take only these medications the morning of the procedure _____ _____ _____</li> <li>✓ Be sure to bring: Driver Insurance Card</li> <li>✓ You may drink clear liquids up to _____ hours before procedure.</li> <li>✓ Remember you must have a driver accompany you home.</li> <li>✓ You can not drive the remainder of the day after your procedure.</li> </ul>



## 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

**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.