

Colonoscopy, Miralax Instructions

IMPORTANT: Please read this now to be prepared for your procedure. If you have any questions, or need to cancel or postpone your appointment, please call us at **617-754-8888**.

Where to report for your procedure:

- East Campus**, 330 Brookline Ave, Boston
 - Stoneman 3rd floor
 - Stoneman 4th floorPark in the Feldberg Garage
- West Campus**, 185 Pilgrim Road, Boston
West Procedural Center (WPC) Farr 1st Floor
Park in the Pilgrim Road Garage or Lowry Building Garage
- Beth Israel Deaconess, Lexington Campus**
482 Bedford Street, Lexington Ambulatory Surgery, 1st Floor
- Beth Israel Deaconess, Needham Campus**
148 Chestnut Street, 3rd Floor

Day/ Date: _____

Arrival Time: _____

Procedure Time: _____

Approximate discharge time: _____

Doctor who will do your test:

Advance preparation for your procedure

- ❖ **Medications** – If you take Pepto-Bismol or any iron supplement, please stop taking 7 days prior to your procedure. You can continue to take aspirin or similar pain medicines. If you take **blood-thinning medicine**, please call us if you did not discuss it when you booked the appointment. **Do NOT make any changes** to these medicines on your own.
- ❖ **Diabetes** – Please contact the doctor who manages your diabetes before making any changes to your diet, medications or insulin pump.
- ❖ **If you may be pregnant** – Please consult your OB/GYN doctor prior to your appointment to discuss optimal timing for your procedure, and the best sedation/anesthesia approach.
- ❖ **Sedation** – Most patients receive sedatives for procedures. Please let us know in advance about any of the following items, which could have an impact on any sedation you may receive:
 - Allergic reaction or other problems related to sedatives or pain medicine/narcotics
 - If your weight is over 300 pounds
 - You are currently taking narcotic pain medicine
 - You have severe liver disease
- ❖ As you recover from the sedatives, do not go back to work or school, make important decisions or provide care for children. You may resume all activities the next day unless otherwise instructed.
- ❖ **ARRANGE A RIDE HOME**– A responsible adult must come up to the procedure area when you are ready for discharge. No exceptions are made unless you plan to undergo the procedure without sedation. If you wish to do this, you should discuss it with your doctor in advance. **You may not drive yourself home after sedation.**
- ❖ For more information, check out the *Preparing for your Procedure* page on our website by scanning this code with the camera on your phone or visiting www.bidmc.org/gipreps



Miralax & Dulcolax bowel prep

Preparation Check List

Three (3) days before your colonoscopy

- Begin a low-residue diet. See the enclosed fact sheet for a guide to which foods you should avoid.

The day before your colonoscopy

- Begin a clear liquid diet as soon as you wake up. Be sure to drink plenty of clear liquids throughout the day. See the fact sheet for a list of clear liquids.
- 5pm** – Take three (3) Dulcolax laxative tablets.
- 7 pm – First Miralax dose:** Mix the 238g (8.3oz.) bottle of Miralax in 64oz. of a sports drink or water. Shake until the Miralax is completely dissolved.
- Drink an 8oz. glass of the Miralax solution every 10-15 minutes until half of the solution (32oz.) is gone.
- Within the next two hours: Drink at least five 8oz. glasses of clear liquids.

The day of your colonoscopy

- 6 hours before your scheduled procedure time** – **Second Miralax dose:** Drink the second half of the Miralax solution. Drink 8oz. glasses every 10-15 minutes until it is gone.
- Within the next two hours: Drink at least five 8oz. glasses of clear liquids.
- 4 hours before your scheduled procedure time:** Stop drinking all fluids. You may take any usual morning medications with a small sip of water. If you have diabetes or take blood thinners, please follow your doctor's advice regarding any changes to your medications that may be needed.

IMPORTANT!

Please read all instructions at least one week prior to your procedure and call our office if you have any questions.



What you will need

- Miralax** 238 grams (8.3 ounces) powder or generic polyethylene glycol 3350 (can find in laxative section, no Rx needed).
- Dulcolax** (bisacodyl) laxative tablets (not suppository or stool softener, you will need three (3) tablets for the prep. No Rx needed).
Optional:
- Three (3) bottles (16 oz. each) of clear liquid or sports drink (except red or pink)
- Packets of Jell-O – any color except red or pink
- Vegetable, chicken, or beef bouillon broth cubes
- Baby wipes

Prep Tips

- If you feel nauseated while doing the prep, peppermint tea or sucking on a lemon may help.
- It also may help to put the prep solution on ice.
- When you begin to have diarrhea, baby wipes may be used to prevent irritation. Avoid using Vaseline jelly or Desitin.

Low-residue and clear liquid diets

Below is a guideline of foods you can eat while following a low-residue diet before your procedure, as well as a list of clear liquids for that stage of the prep. In general, avoid anything tough or fibrous, and anything with whole grains, nuts, seeds, skins or red dye.

IMPORTANT!

A low residue diet will help you get the best results from your bowel prep. If you aren't sure if a food is low-residue, it is best to skip it while you are preparing for your procedure.



Food group	Foods allowed	Foods to avoid
Milk & Dairy	Milk, soy or nut milks (as long as they aren't gritty) ice cream, yogurt, cheese	No dairy product with pieces of nuts, seeds or fruit in it
Beverages	Coffee, tea, soda, juices with no pulp, Kool-Aid (without red dye), Boost, Ensure or other nutritional supplements without added fiber	No drinks with pulp, seeds, added fiber or prune juice
Breads, cereals & starches	Any refined breads including English muffins, pita, biscuits, muffins, crackers, pancakes, waffles, Cheerios, Cornflakes, Rice Krispies, white rice, refined pastas	No whole grains, oatmeal, granola, anything with seeds or nuts, corn bread, graham crackers, brown or wild rice, potato skins, quinoa
Fruits	Canned or cooked fruit without skins or seeds, apple sauce, ripe bananas, jellied cranberry sauce	No raw fruits (except ripe bananas), canned pineapple, oranges, mixed fruit, dried fruit, whole cranberry sauce, avocado
Vegetables	Tender, well-cooked canned or frozen vegetable with no seeds or skins, such as peeled carrots or beets, strained vegetable juice or tomato sauce	No raw vegetables or any cooked that are tough or fibrous such as broccoli, asparagus, spinach, etc.
Meat & meat substitutes	Cooked tender fish, poultry, beef, pork, eggs, tofu, smooth nut butters	No gristle, cold cuts or sausages, any meat substitute made with whole grains, seeds or pieces of nuts, beans, peas or lentils
Miscellaneous	Salt, sugar, ground or flaked spices, chocolate, any liquid or smooth condiment such as ketchup, soy sauce, mayo or jelly (but not jam or preserves)	No pepper, seed spices or other seeds, nuts, popcorn, pickles, olives

Clear Liquid Diet: Stay hydrated and drinks lots of clear liquids throughout the day!

When you reach the clear liquid stage of your prep, you may only have: water; light-colored sodas; tea or coffee (black only- no cream or milk); clear juices, Gatorade or other sports drinks (no red dye) chicken, beef, and vegetable broths; bouillon; Jell-O (no red Jell-O); and popsicles (no red popsicles).

No solid foods. No hard candy or gum, no drinks with red dye, no dairy, no juices with pulp, no alcohol.