

Colonoscopy Bowel Prep Instructions (to be completed one day prior to procedure)

Dr. Chris Finley

Purchase:

1. MiraLax powder - in an 8.3 oz bottle - no prescription needed
2. Bisacodyl tablets – (5 milligram each) – Dulcolax laxative is the brand name
3. At least 128 ounces of several different clear liquids. Recommend purchasing things you like. It’s not a good time to experiment.

Medications: Stop taking Coumadin, Plavix, Aspirin

Liquids:

- Clear Liquids ONLY – No Solid Foods and/or milk products.
- Do not drink plain water the entire day – Include vitamin water or seltzer
- Do not choose only sugary liquids – too much sugar can make you nauseous

List of Clear Liquids:

- Clear juice without pulp – Apple, Cranberry, White Grape, Coconut (diet is okay)
- Sports Drinks – Gatorade, Crystal Light (diet is okay)
- Sodas – Pepsi, Coke, Ginger Ale (diet is okay)
- Jell-O, sorbet, or ice pops (not frozen yogurt or ice cream)
- One cup of tea or coffee is allowed (small amount of milk is okay in coffee)
- Please have clear broth (chicken, beef, miso, etc.)
- Please have rehydrating solution (not too sweet)
 - 8 oz of water, ½ lemon, pinch of salt, honey

Breakfast	Lunch	2:00 PM	3:00 PM	9:00 PM
Clear liquids (not only water, see list above) please drink 24 oz minimum	Clear liquids (not only water, see list above) please drink 24 oz minimum	Take the 4 Bisacodyl tablets (at home - not any other location)	Drink 8 glasses of clear liquids (not only water) over 2-3 hours (total of 64 ounces) In each 8 ounce glass, add 1 heaping tablespoon of MiraLAX. MiraLAX will dissolve in hot or cold liquids, it is tasteless.	If you don't have clear yellow diarrhea by 9 PM, or you have a colonoscopy scheduled after 12 noon, do another dose of the MiraLAX powder.

No food, liquids, chewing gum, candy, or cigarettes after midnight or the morning of colonoscopy.