Rainy Lake MEDICAL CENTER
In association with SMDC Health System

Adult Inpatient Bowel Prep Instructions For Colonoscopy

Original Date	10/2009	Revision Date		Withdrawn Date	

The day BEFORE the exam:

1) Mix 8.3 oz (238 grams) of Polyethylene Glycol 3350 (Miralax®) with 64 oz of sport drink (Gatorade®) or 64 oz of water (mix with Crystal Light or sugar free Kool-Aid for better flavor if desired). **NO RED OR PURPLE COLORS**

2) Stir/shake until the Miralax® is completely dissolved. Refrigerate the mixture to improve taste. The more clear fluids the patient drinks prior to starting the bowel prep, the less likely they are to become dehydrated and the better the bowel prep will work.

3) Administer bisacodyl 20mg (4 x 5mg tablets) PO x 1 dose at 1500

4) At 1700 have the patient start drinking Miralax® mixture (8 oz glass every 15 minutes) until all of the prep is gone. Drinking the mixture through a straw may make it more tolerable. The prep works best if the patient drinks 8 oz every 15 minutes, however, if they become nauseated they may slow down or take a 30-60 minute break. The patient must drink all of the prep to ensure a clean colon.

5) Encourage the patient to continue drinking water that evening to prevent any risks of dehydration.

6) The patient should be NPO for 4 hours prior to the procedure

_____ ____/____/____ _____:_____
Physician Signature Date Time

PATIENT STICKER