

## Adult Outpatient Bowel Prep Instructions for Colonoscopy

Original Date	11/2009	Revision Date		Withdrawn Date	
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Your exam will be on \_\_\_\_\_ (date). The nurse will call you the day before your procedure with the time that you should arrive. If you have an appointment on Monday, you will receive your call on Friday.

It is very important that your colon is clean for your test. Please follow these instructions. If you have questions about any of these instructions please call the surgeons nurse at the Rainy Lake Medical Center Clinic Campus at 218-283-9431. After 5pm and on weekends you can call Nurse on Line at 1-800-714-4646.

You will need the following over-the-counter (non-prescription) items that you can pick up at any pharmacy:

- One 64 oz or two 32 oz bottle(s) of a sport drink (e.g. Gatorade, G2, Propel). If you do not like sport drinks or are diabetic, you may use 64 oz of water (mix with Crystal Light or sugar free Kool-Aid for better flavor if desired). **NO RED OR PURPLE COLORS**
- One 8.3 oz (238 grams) or two 4.1 oz (119 grams) bottle(s) of Miralax<sup>®</sup> powder
- Four (4) Dulcolax<sup>®</sup> (bisacodyl) 5 mg tablets. You may have to buy a package containing 10 to 25 tablets depending on what you pharmacy carries.

**7 DAYS** prior to your exam stop taking aspirin, Plavix<sup>®</sup>, Omega-3 (fish oil), multivitamins, calcium supplements and fiber supplements. If you take blood thinners, diabetes medicine or insulin and have not received instructions about what to do with these medications, please call your primary care doctor.

**5 DAYS** prior to your exam avoid the following foods:

- Grains or high fiber foods such as muffins and whole grain cereals or bread
- Seeded foods such as flax, grapes, berries, cucumbers, sesame or poppy seeds
- Salad, corn, popcorn, wild rice, peas and beans
- You can continue to eat other foods such as: meat, potatoes, eggs, all other cooked vegetables, Cream of Wheat, white rice and white bread

**4 DAYS** prior to your exam stop taking Coumadin<sup>®</sup> (warfarin). If you are a patient of the Coumadin Clinic please notify one of the RN's about stopping your treatment

**2 DAYS** prior to your exam you will start a clear liquid diet. This includes jello, strained soups, strained fruit juices, clear tea, clear coffee (sugar may be used but NO cream or non-dairy creamer), pop, popsicles. NO milk, cheese, cream soups, tomatoes or tomato soups. If orange juice contains pulp it must be strained. **NO RED OR PURPLE LIQUIDS**

**1 DAY** prior to your exam

- In the morning mix all 8.3 oz (238 grams) of Miralax<sup>®</sup> with 64 oz of sport drink or water. Stir/shake until the Miralax<sup>®</sup> is completely dissolved. Refrigerate the mixture. The more clear fluids you drink prior to starting the bowel prep, the less likely you are to become dehydrated and the better the bowel prep will work.
- At **3pm** take 4 tablets of Dulcolax<sup>®</sup> (bisacodyl)
- At **5pm** start drinking Miralax<sup>®</sup> 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 you drink 8 oz every 15 minutes, however, if you become nauseated you may slow down or take a 30-60 minute break. You must drink all of the prep to ensure a clean colon.
- You will want to continue drinking water that evening to prevent any risks of dehydration.

### **DO NOT EAT OR DRINK ANYTHING 4 HOURS PRIOR TO YOUR EXAM**

**You will need to have someone to drive you home after your exam. You will not be allowed to drive because of the medications you will receive during the exam.**