

Your Guide to  
**Colonoscopy Dulcolax/Miralax 2-day Prep**  
at Fairfield Medical Center

**A stool softener will be ordered for you by the doctor's office. This may be called into your pharmacy or samples may be given to you. You will need to start taking this seven (7) days before your colonoscopy.**

**What to buy:**



Four (4) - 5 MG Dulcolax Tablets  
**or**  
Four (4) - 5 MG Bisacodyl Tablets



Two (2) - 238 Gram Bottles of Miralax  
**or**  
Two (2) - 238 Gram Bottles of  
Polyethylene Glycol 3350



Four (4) - 32 Ounce Bottles of Gatorade  
or Powerade  
No Red, Blue or Purple  
If you are diabetic, please buy  
sugar free options

# Colonoscopy Dulcolax/Miralax 2-day Prep, Continued



## How to take medications for colonoscopy

### Seven (7) days **BEFORE** your colonoscopy

Start taking the stool softener ordered by your doctor's office. Follow the directions on the bottle/package.

### FOLLOW THE FOOD SUGGESTIONS BELOW

- Do not eat nuts, seeds, dried fruits, dried bean and peas
- Limit whole grain foods
- Choose cooked or canned fruits and vegetables over fresh ones
- Choose white bread and white rice
- Drink juices without pulp
- Eat tender, well cooked meats

### Two (2) days **BEFORE** your colonoscopy

#### Only eat foods listed below for the two (2) days before your colonoscopy

- Water
- Coffee with **NO** creamer
- Tea with **NO** creamer
- Broth (beef, chicken or vegetable) (no meat, noodle or vegetable pieces)
- Apple or white grape juice
- Sprite, ginger ale and 7-Up
- Gatorade or PowerAde (**no red, blue or purple**)
- Popsicles (**no red, blue or purple**)
- Jell-O (**no red, blue or purple**)

**If you are diabetic, please buy sugar free options**

### One (1) day **BEFORE** your colonoscopy

Continue clear liquid diet as explained above.

**At 4 p.m.**

Take four (4) 5mg tablets



Mix one (1) bottle of Miralax with two (2) bottles of Gatorade or PowerAde.

Do this two (2) times in separate containers to make two (2) doses and store in the refrigerator.



## At 6 p.m.

Drink the first container of Miralax/Gatorade mixture. Drink one (1) cup (8 ozs.) every 15 minutes until it is gone. Feelings of nausea and vomiting are normal and will subside.

## On the day of your colonoscopy

**Five (5) hours before the time of your colonoscopy**-Drink the second container of Miralax/Gatorade mixture. Drink one (1) cup (8 ozs.) every 15 minutes until it is gone.

Example: If your colonoscopy is scheduled for 9 a.m., you should start drinking your Miralax/Gatorade mixture at 4 a.m. It should be finished by 6 a.m. Do **NOT** drink **ANYTHING** after 7 a.m.

You cannot have anything to eat or drink **EXCEPT** your Miralax/Gatorade mixture on the morning of your colonoscopy.

You can take your medications with a sip of water the day of your colonoscopy unless told not to take them by your doctor.

Be sure to have finished your Miralax/Gatorade mixture and taken your medications at least two (2) hours before your colonoscopy. You should have **NOTHING** to drink two (2) hours before your colonoscopy.

Procedure Date: \_\_\_\_\_ Provider: \_\_\_\_\_

Location: \_\_\_\_\_

**Arrival Time:** You will be contacted the day before your procedure by Fairfield Medical Center for the arrival time (The Friday before if you have a Monday procedure). Calls will be made sometime prior to 5 p.m.

# Colonoscopy Dulcolax/Miralax 2-day Prep, Continued

## Things to remember

- Reminder: You cannot have anything to eat or drink (including water) the day of your procedure except your bowel prep and a small sip of water to take your medicine.
- Someone has to drive you to the hospital, stay at the hospital until you are done and drive you home. You cannot drive the day of your colonoscopy. **If you do not have someone to do these things, your colonoscopy will be cancelled.**
- If you take an iron supplement, stop taking them five (5) days before your procedure to avoid discoloration of your stool.
- The office will let you know which of your medications need to be stopped and for how long. Some of the most commonly adjusted medications include blood thinners and diabetic medications. Medication instructions:
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
- If drinking the Miralax/Gatorade mixture makes you sick to your stomach you can try drinking it slower. Some nausea and bloating is normal.
- Your poop should be all liquid. It should not be brown in color. It should look clear to yellow. You will need to reschedule if it does not look like this the morning of your colonoscopy.
- If you need to cancel your colonoscopy you will need to call your doctor's office.

The phone number is: \_\_\_\_\_



Fairfield  
Medical Center

Fairfield Medical Center Endoscopy

740-687-8158

401 N. Ewing St.

Lancaster, Ohio 43130

fmchealth.org