

DIGESTIVE HEALTH CLINIC, LLC  
*Boise Gastroenterology Associates & Idaho Endoscopy Center, LLC*

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**COLONOSCOPY PREPARATION INSTRUCTIONS**  
**Miralax Afternoon Exam**

Please visit our website at [www.digestivehealthclinic.com](http://www.digestivehealthclinic.com) to view an educational video about this exam. Read these instructions carefully. If instructions are not followed, your colon may not be clean enough for your physician to complete your exam. If you have preparation questions, please call our prep hotline 8am-5pm, Monday-Friday @ 489-1887, or 489-1865.

**TO PREPARE PURCHASE AT YOUR PHARMACY**

- 238 gram bottle of Miralax (Over the counter)
- 4 Dulcolax (bisacodyl) tablets
- Gatorade, Gatorade 2 or Crystal Light to mix the Miralax with. **No liquids that are red or purple.**
- You may want to purchase Tucks pads to help reduce anal soreness during your bowel prep.

**SEVEN DAYS PRIOR TO YOUR PROCEDURE:**

- If you are on **COUMADIN OR OTHER BLOOD THINNERS** you must contact our office to determine when you need to stop these medications prior to the procedure.
- If you are **DIABETIC AND ARE ON INSULIN** you must contact our office for specific instructions.
- You may continue to take your regular medications except for Coumadin or blood thinners.
- Please do not take any iron supplements, over-the-counter vitamins, minerals or herbs until after your procedure.

**THREE DAYS PRIOR TO YOUR PROCEDURE:**

- Begin a low fiber diet (see list below) and stop all fiber supplements such as-Metamucil, Citrucel, Benefiber.

**THE DAY BEFORE YOUR EXAMINATION:**

- **DO NOT EAT.** You may have a clear liquid diet (see list below) until 4:00 p.m.
- **4:00 p.m.:** Take 4 **Dulcolax** (bisacodyl) tablets and then stop drinking clear liquids until 6:00 p.m.
- **6:00 p.m.:** Mix the 238-gram bottle of **Miralax** in 64 oz. of Gatorade, Gatorade 2, Crystal Light or water.
- Shake the solution until the Miralax is dissolved.
- Drink one glass (8 oz.) of the preparation every 10-15 minutes until the solution is half gone. This will induce stools. Refrigerate the remainder of the prep solution. **Note:** Using a straw and/or sucking on hard candy may help you drink the preparation.
- This prep may take longer to start working than the full Nulytely prep and may take longer to clear your system.

**DO NOT EAT ANY SOLID FOOD ONCE YOU HAVE FINISHED YOUR PREPARATION.**

We encourage you to continue drinking clear liquids until 2 hours before your procedure. (If you are having a stomach exam also, you must stop drinking clear liquids 4 hours before your procedure.)

**ON THE DAY OF THE EXAMINATION:**

- **7:00 a.m.:** Drink the rest of the preparation, one glass every 10-15 minutes.
- Take your normal medications with a sip of water.
- Please bring a list of your current medications with you to the procedure.
- **NO DRIVING:** If sedation is used, you must have a responsible adult to accompany you to your appointment and home, even if you take a taxi.

**LOW FIBER DIET**

Milk, cream, hot chocolate, cheese, cottage cheese, yogurt and sour cream  
Breads and grains made from refined or white flour: rolls, bagel, muffins, crackers, pasta, Cream of Wheat  
White rice  
Beef, chicken, fish, lamb, pork, smooth peanut butter,  
Eggs  
**Canned or cooked fruits** and vegetable including-pears, peaches, cherries, carrots, mushrooms, green beans  
Potatoes without the skin

**CLEAR LIQUID DIET**

Water  
Chicken, Beef or Vegetable Broth  
Juices – white grape, apple, lemonade without pulp  
Sodas - diet and regular  
Gatorade or other sports drinks  
Tea  
Coffee (black)  
Gelatin (without fruit; no red or purple dyes)  
Popsicles (without fruit or cream; no red or purple dyes)  
Italian Ices (without red or purple dyes)