

Extended Prep **MiraLAX** with Bisacodyl (*polyethylene glycol*) Colonoscopy Instructions

Do not discard these instructions - you will need them when your prep is delivered.

Rev 3 Aug 2022

2 WEEKS BEFORE	5 DAYS BEFORE	2 DAYS BEFORE	1 DAY BEFORE	DAY OF EXAM
<p>If you have not received prep materials, please call 612-467-1984.</p> <p>If you take blood-thinning or anti-platelet medication, call your doctor to see if you can safely stop this medicine before the exam.</p> <p>If you take a daily Aspirin for your heart, do not stop this.</p> <p>If you have diabetes, you may need to check your blood sugar more frequently while taking the prep.</p> <p>If you are going to have sedation for your procedure, you MUST have a driver or a responsible adult to escort you home on alternate transportation.</p>	<p>*Buy three 32 oz bottles of Gatorade or Powerade (nothing red colored)</p> <p>Stop taking iron pills (ferrous sulfate/ ferrous gluconate).</p> <p>Stop taking fiber supplements.</p>	<p>Start a clear liquid diet. NO solid food from now until your procedure.</p> <ul style="list-style-type: none"> ✓ Juices (white grape, white cranberry, apple) ✓ Gatorade®, Pedialyte®, or Powerade® ✓ Jell-O®, popsicles, hard candy ✓ Clear broth or bouillon ✓ Coffee, tea (no dairy) ✓ Sprite®, 7-up®, Ginger ale, Crystal Light®, Lemonade ✓ No red colors. ✓ No alcohol. 	<p>Continue clear liquid diet.</p> <p>Drink 8-10 glasses of clear liquids throughout the day & evening.</p> <p>8:00 a.m. - Take 2 Bisacodyl 5mg tablets by mouth</p> <p>12:00 p.m. (noon) - mix full bottle of MiraLAX with 2 bottles (64 oz total) of Gatorade in a large pitcher. Stir until the powder dissolves.</p> <p>Drink HALF of the pitcher (32 oz) by 2:00 p.m. Save the remaining ½ pitcher (32 oz) in refrigerator.</p> <p>5:00 p.m. - drink the remaining ½ pitcher (32 oz) of MiraLAX solution. Finish this by 7:00 p.m.</p>	<p>6 hours before your appointment time - Mix ½ bottle of MiraLAX with 1 bottle (32 oz) of Gatorade. Drink this within 2 hours.</p> <p>Take morning medications with sips of water.</p> <p>*If you take insulin or pills for diabetes, do not take your morning dose until after the procedure. <i>Check your blood sugar prior to your appointment.</i></p> <p>If you take Lisinopril, do not take it this morning.</p> <p>You may continue clear liquids until 2 hours before your procedure. (Nothing by mouth within 2 hours)</p> <p>*If you are scheduled for blood draw, go to BA-117 prior to your procedure.</p>
	<p>3 DAYS BEFORE</p> <p>Start low fiber diet.</p> <p>Avoid:</p> <ul style="list-style-type: none"> • Raw fruits/ vegetables • Any whole wheat/ high fiber foods • Popcorn • Salad greens • Nuts/ seeds • Beans <p>Stop taking any antidiarrheal medications, such as loperamide (Imodium)</p>			

Minneapolis VA Health Care System

To Cancel or Reschedule your procedure: **GI Scheduling Line 612-467-4199**
 For questions regarding procedure or prep only: **GI Nurse Line 612-467-1984**