



Dr. Christopher Finley

Bowel Prep Instructions for the day prior to colonoscopy

- Purchase:
1. **MiraLAX powder**- in the 8.3-ounce bottle –no prescription needed.
 2. **Bisacodyl tablets**- (5 milligram each) –Dulcolax laxative is the brand name
 3. At least purchase 128 ounces of several different clear liquids

Medications: Stop taking Coumadin, Plavix, Aspirin

Liquids: **Clear Liquids ONLY - No Solid Food and/or milk products.**

Do not drink plain water the entire day –Include vitamin water or seltzer

Do not choose only sugary liquids –too much sugar can make you nauseous

List of clear liquids –not the time to experiment, recommended to purchase things you like

- Clear juice without pulp- Apple, Cranberry, White grape, Coconut (diet is ok)
- Sport drink – Gatorade, crystal light (diet is ok) (no red purple or blue)
- Sodas- Pepsi, Coke, Ginger Ale (diet is ok)
- Jell-O, sorbet or ice pops (not frozen yogurt or ice cream)
- One cup of tea or coffee is allowed (small amount of milk is ok in coffee)
- Please have clear broth (chicken, beef, miso, etc.)
- Please have rehydrating solution (not to sweet): recipe of rehydrating solution is 8 ounce of water plus juice of ½ lemon plus a tiny pinch of salt plus honey.

Breakfast: Clear liquids (not only water see list above) please drink 24 Oz minimum	Lunch: Clear liquids (not only water see list above) please drink 24 Oz minimum	2:00 PM: Take the 4 Bisacodyl tablets (at home not at any other location)	3:00 PM: Drink 8 glasses of clear liquids (not only water) over 2-3 hours (total 64 ounces) In each 8 ounces glass, add 1 heaping tablespoon of MiraLAX. MiraLAX will dissolve in hot or cold liquids-it is tasteless	9:00 PM: If you do not have clear yellow diarrhea by 9 pm, or if you have a colonoscopy scheduled after 12 noon, do another dose of the MiraLAX powder.
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No Food, Liquids, Chewing Gum, Candy, or Cigarettes after midnight or the morning of colonoscopy.