



2631 Forest Drive Columbia SC, 29204

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MIRALAX BOWEL PREP INSTRUCTIONS

You will need the following supplies (you can pick them up at your local pharmacy):

- Two Dulcolax® (bisacodyl) (laxative tablets – each tablet contains 5 mg of bisacodyl (do not get Dulcolax stool softener).
- One bottle of Miralax® (8.3 ounces or 238 grams each)
- Gatorade®, or Gatorade Ice® (or any store brand equivalent NO RED, PURPLE or BLUE)

*You can use two- 28oz bottles or three- 20oz bottles of Gatorade® for your prep

NOTE: IF YOU ARE A DIABETIC, PLEASE USE A LOW SUGAR SUBSTITUTE SUCH AS GATORADE ZERO.

****2 DAYS BEFORE YOUR PROCEDURE EAT A LOW RESIDUE DIET AND DRINK LOTS OF CLEAR LIQUIDS.****

THE DAY BEFORE YOUR PROCEDURE:

- Eat a light/low-residue breakfast with plenty of clear liquids

*****AFTER 12:00 pm (NOON) CLEAR LIQUIDS ONLY!! You CANNOT consume any SOLID FOOD until after the procedure!!!*******

Mix the 8.3oz of Miralax powder with the Gatorade® to make a solution.

*Drink at least 8 glasses of water or clear liquids in addition to the Miralax/Gatorade mix during the day to avoid dehydration.

- At 2:00pm take 2 Dulcolax tablets.
- Mix the Gatorade® with 8.3 ounces of Miralax
- Between 4:00-8:30 pm, drink one 8-ounce glass of the Miralax/Gatorade solution every 20 minutes until the solution is gone.
- Stay near a toilet, as you will have diarrhea.
- Continue to drink plenty of clear liquids until **Midnight**.
- **Do not consume anything by mouth after Midnight**

***** If you need to start later than 4:00pm that is acceptable. You will need to consume the entire solution by midnight.*****

SPECIAL ATTENTION AND INSTRUCTIONS:

If you are planning to receive **ANESTHESIA** for your procedure:

- Must have a driver AT LEAST 18 years of age, or pre-arranged Medicare/Logisticare/Medical Transportation Services.
- Driver must plan to stay at the facility while you have your procedure.

****If you do not have a driver or medical transportation to transport you to/from procedure, contact our facility ASAP for assistance arranging transportation or to discuss a Water Immersion Procedure.**

DIALYSIS / KIDNEY PATIENTS:

Contact facility immediately if on Dialysis, have been consulted/prepped for Dialysis, or have any other significant renal (kidney) issues of any kind.

DIABETIC PATIENTS:

- **DIABETIC MEDICATIONS:**

Oral: Unless otherwise indicated by PCP - take oral diabetic medications as prescribed the *day before procedure* - **HOLD** oral diabetic medications *day of procedure*.

Insulin: Unless otherwise indicated by PCP – Only take HALF of normal insulin dose the *day before procedure* - **HOLD** insulin *day of procedure*.

BLOOD THINNERS: Please contact our office if you take any blood thinners - including, but not limited to: Plavix, Warfarin/Coumadin, Aspirin, Effient, Brilinta, or Xarelto.

PREDNISONE: Please contact our office if you are prescribed Prednisone for any reason.

OTHER MEDICATIONS: Unless otherwise indicated by PCP - take the following medications as prescribed the day of procedure – **AT LEAST 2 HOURS BEFORE PROCEDURE**, with a **SMALL** sip of water:

- Blood Pressure Medications
- Anxiety/Depression Medications
- Seizure Medications

ANY QUESTIONS?

Call Sandhills Endoscopy Center

Phone: (803)509-8532

Low – Residue Diet

RECOMMENDED FOOD ITEMS:

- White bread, refined pastas and cereals (cereals cannot have raisins, nuts, fruits, or berries), white rice, grits, oatmeal, pancakes, waffles and toast
- Limited servings of grilled cheese, mashed potatoes or french fries (no skin)
- Tender, ground, or well-cooked meat, fish, eggs, and poultry
- Milk and yogurt (max two cups)
- Cheese, butter, mayonnaise, vegetable oils, margarine
- Plain gravy
- Broth and strained soup, baby food, puree of any low-residue items listed
- Pulp-free, strained, clear juices

FOODS TO AVOID:

- Fruit, fruit skins, or seeds – or yogurt containing any of these (examples: strawberries, blackberries, blueberries, lemons, etc.)
- Tough meat, meat gristle
- Crunchy peanut butter
- Dried beans, peas, legumes
- Salsa, salad, vegetables
- Juices with pulp
- Heavily-spiced foods and dressings (examples: garlic, pepper, other seasonings, hot sauces, etc.)
- Popcorn, nuts, seeds

APPROVED CLEAR LIQUIDS

- Water
- GATORADE (or other sports drinks)-**NO RED, BLUE, ORANGE, OR PURPLE**
- Juice (apple juice or white grape juice are recommended)-**NO PULP**
- Lemonade
- Light Carbonated Beverages (seltzer water, sprite, sierra mist, 7up, or ginger ale are recommended)
- Plain gelatin/Jello (yellow or green jello recommended)-**NO RED, BLUE, ORANGE, OR PURPLE – NOTHING ADDED TO IT**
- Hot Tea or Coffee-**NO CREAM, LIQUID/POWDER CREAMERS, SUGAR OR OTHER SWEETENERS**
- Cold Tea-**NO SWEET TEA – NO ADDED SUGARS OR SWEETENERS**

- Clear Broth or Strained Soup-**NO NOODLES, VEGETABLES, RICE, MEAT, etc.**
- Hard, Dissolvable Candies (peppermints or lemon drops)
- Clear Popsicles-**NO RED, BLUE, ORANGE, OR PURPLE – NO MILK-BASED – NO ADDED FRUIT, SEEDS, NUTS, CANDIES, etc.**

Colonoscopy Prep Kit: You will need

- Two (#2) 5mg Dulcolax Tablets



- Gatorade (you can use 2 (28oz) bottles or 3 (20oz) bottles for your mixture and 8.3oz of Miralax

