Preparing for your Colonoscopy
Miralax and Bisacodyl

Procedure Date: _____ Please arrive at: _____

Procedure Location: Seaford Endoscopy Center 302-629-7177

TidalHealth Nanticoke 302-629-2229

Dr. Mackler
After Hours call 629-6611
Option 5
Ask for Dr. Mackler to be paged

You are scheduled for a colonoscopy to examine the inside of your large intestine. In order to achieve the maximum benefit of this examination, your intestine must be thoroughly cleansed of all stool. It is possible that your test will have to be repeated or rescheduled if the bowel is not thoroughly cleansed. Please follow all of these instructions carefully and call if you have any questions about your medications, diet or bowel preparation.

Important Medication Instructions

Please read your Instructions on the bottom of the Patient Clinical Summary you were given at the office. It is very important to follow the medication instructions. Medications such as blood thinners, diabetic medication, vitamins, iron, herbal supplements, aspirin and non-steroidal anti-inflammatory drugs (like Advil and Aleve) can limit or cause complications during your Colonoscopy. Do not stop medications the day of your prep unless you were told to do so. The day of the Colonoscopy, take only the medications Dr. Mackler told you to take. If you have any questions, please contact Dr. Mackler at the number(s) above.

Take your Bowel Preparation the day before your Colonoscopy

Before the day of your Prep: Please purchase a 510 gram bottle of Miralax or store brand of the same called "polyethylene glycol". If you purchase the packets, you will need 2 boxes of 10 packets. Also purchase a box of 5 mg bisacodyl (Dulcolax) laxative tablets. You will need 8 tablets. Lastly, purchase a variety of items from the Clear Liquid Diet list you were given.

The Morning of your Prep: _____ Have a clear liquid breakfast. Do Not Eat any solid foods the day of the prep. Drink and eat ONLY items that are on the Clear Liquid Diet list.

Begin the prep at 9 am: For your prep, you will be mixing two 17 gram capfuls of Miralax with 8 ounces of any clear liquid. (Locate the 17 gram line on the cap from the Miralax bottle. Fill the cap to the 17 gram line twice for each 8 ounce glass.) Drink the entire 8 ounce glass and repeat every 30 minutes for a total of 10 doses. Take a 2-hour break after the first 5 doses. We do not recommend mixing the Miralax with water or soda. You will have some Miralax left in the bottle. Take 4 bisacodyl laxative tablets with the 1st and 6th doses of Miralax.

9:00 9:30 10:00 10:30 11:00

4 tabs bisocodyl

Continue to drink clear liquids during this 2-Hour Break from the Prep.

1:00 1:30 2:00 2:30 3:00

4 tabs bisacodyl

When you have finished the prep, your bowel movements should be as thin as water with no solids. They may be the color of whatever clear liquid you have been drinking. You may see a very small amount of mucus floating or sand-like sediment in the toilet. **If you are unable to complete the prep and/or your bowel movements are still solid or thick like a milkshake by the end of the prep, please contact Dr. Mackler at the number(s) above.**

Continue the Clear Liquid Diet for the rest of the afternoon and until bedtime. At Midnight the night before your Colonoscopy, stop all clear liquids unless otherwise instructed.

The Morning of your Colonoscopy: Do not eat or drink anything. If you were instructed to take medications the morning of your Colonoscopy, take them with only a sip of water 2 hours or more before your appointment. Do not chew gum or suck on candy. Please try to refrain from smoking.