

# Colonoscopy Prep Instructions

## Miralax/Bisacodyl Tablet

**Your procedure is scheduled on:** \_\_\_\_\_

**Your arrival time is:** \_\_\_\_\_

*(Your arrival time may change up to the day before the procedure)*

### Location of procedure:

- Tahoe Forest Hospital, Main Lobby Entrance  
10121 Pine Avenue, Truckee, CA
- Incline Village Community Hospital  
880 Alder Avenue, Incline Village, NV

An Endoscopy nurse will call you 3-7 days before your procedure to provide preparation information and to confirm your arrival time. Please be aware that **arrival times may change up to a day before your procedure**. If you miss our call, confirm your appointment with a voicemail at (530) 582-3455 or text (530) 562-7350.

### Post-Procedure Pick Up:

**Arrange** for a responsible person to pick you up after your exam. Your driver must stay within 20 minutes of Tahoe Forest Hospital/Incline Village Community Hospital during the procedure. **You may not drive yourself home or take TART buses for the remainder of the day.** You may arrange for TART Connect if you live in Truckee or use UBER, if necessary.

## 1 WEEK BEFORE COLONOSCOPY \_\_\_\_\_

### Purchase the following:

- Miralax (or generic):** 1 bottle, 238 grams. Miralax is an over-the-counter laxative. It is available from your preferred pharmacy or grocery store.
- Bisacodyl (Ducolax):** 4 pills, 5mg each. Bisacodyl is an over-the-counter laxative that will assist with the prep. It is available from your preferred pharmacy or grocery store.

## 3 DAYS BEFORE COLONOSCOPY \_\_\_\_\_

### Low-Fiber Diet:

Eat a **Low-Fiber Diet** beginning 3 days prior to your exam, selecting low-fiber foods such as milk, cheese, yogurt, meat, chicken, fish, and eggs.

**Avoid** high-fiber foods such as bread and cereal with seeds or nuts, raw vegetables, and fruits with peels and any berries.

The colonoscopy preparations are taken in two parts: the 1<sup>st</sup> part is taken one day before, and the 2<sup>nd</sup> part is taken the morning of your procedure.

## 1 DAY BEFORE COLONOSCOPY

### When you wake up:

— Begin **CLEAR LIQUID DIET** only, (avoid red, blue, and purple), including:

- **Water** – tap, sparkling, seltzer, coconut (no pulp)
- **Juice** – apple, white grape, white cranberry
- **Gatorade** – yellow, green, orange, clear
- **Jell-O** – yellow, green, orange
- **Clear broth or bouillon** – chicken, beef, or veggie flavors
- **Coffee, Tea** without any creamer (dairy or non-dairy)
- **Gummy Candies**

### At 5:00 pm the day before your colonoscopy:

- Take 2 **Bisacodyl (5mg each)** pills
- Mix entire **Miralax bottle** with 64 ounces of Gatorade or Crystal Light in a pitcher
- Stir and place in refrigerator

— Drink the **first** ½ (32 ounces) of Miralax mixture, 8 ounces every 30 minutes.

- 5:00 pm:** Drink 8 ounces of Miralax Mixture
- 5:30 pm:** Drink 8 ounces of Miralax Mixture
- 6:00 pm:** Drink 8 ounces of Miralax Mixture
- 6:30 pm:** Drink 8 ounces of Miralax Mixture

## DAY OF COLONOSCOPY

- At \_\_\_\_\_ (5 hours prior to arrival) Take 2 **Bisacodyl (5mg each)**
- \_\_\_\_\_ **am:** Drink 8 ounces Miralax mixture
- \_\_\_\_\_ **am:** Drink 8 ounces Miralax mixture
- \_\_\_\_\_ **am:** Drink 8 ounces Miralax mixture
- \_\_\_\_\_ **am:** Drink 8 ounces Miralax mixture

At \_\_\_\_\_ (2 hrs prior to arrival) **DO NOT drink, eat, or consume anything by mouth, INCLUDING WATER. NO gum, candy, ice or chewing tobacco.**

You may take your prescription medications with a small sip of water, 2 hours prior to arrival.

