



Colonoscopy Prep Instructions

MiraLAX Split Prep — Please read carefully and follow all steps

A clean colon is essential. If your colon is not properly cleaned, polyps and other abnormalities can be missed, and your procedure may need to be rescheduled. Please follow these instructions exactly as written.

Shopping List

- 96 oz. Sports Drink (Propel / Gatorade / PowerAde / Smart Water / Crystal Light) — **NOT RED, PURPLE, OR BERRY**
- Two (2) 238 gm (8.3 oz.) bottles of MiraLAX (or generic equivalent)
- One (1) Fleet enema
- One (1) box Dulcolax tablets
- Two (2) Pepcid AC tablets (over-the-counter)

1 7 Days Before Your Procedure

- Stop taking Ibuprofen, Naproxen, Meloxicam, multivitamins with iron, iron supplements, and fish oil.
- If you take daily aspirin **prescribed by your doctor**, continue taking it until the day of your procedure.
- If you take aspirin on your own (self-prescribed), stop 7 days before your procedure.
- Arrange a driver who is 18 years or older to accompany you and drive you home after your procedure.

2 3 Days Before Your Procedure

- Stop eating corn, tomatoes, cucumbers, nuts, popcorn, and seeds.

3 36 Hours Before Your Procedure

- No alcohol or recreational drugs.

4 Day Before — Before 3 PM

Prepare Your MiraLAX Solution

Mix 1½ bottles of MiraLAX powder (238g) into 96oz of a sports drink (not red, purple, or berry). Shake well and refrigerate.

Follow a **low residue diet** until 3 PM:

Breakfast Examples

- ✓ Milk
- ✓ Scrambled eggs
- ✓ Juice without pulp
- ✓ Plain yogurt
- ✓ Ripe bananas
- ✓ Corn flakes

Lunch Examples

- ✓ White bread
- ✓ Creamy peanut butter
- ✓ Jelly without seeds
- ✓ Saltine crackers
- ✓ Smooth applesauce, canned peaches
- ✓ Plain yogurt, ripe bananas

Clear Fluids (drink plenty throughout the day)

Sports drinks, apple juice, soda, water, jello without fruit, broth, white grape juice, black coffee, tea, popsicles — not red, purple, or berry.

DO NOT eat: Grain breads, nuts, meats, chunky peanut butter, yogurt with fruit, chunky applesauce, vegetables, or any food not listed above.

5 Day Before — After 3 PM

Clear liquids only from this point forward — same list as above (not red, purple, or berry).

- **After 3 PM:** Take 2 Dulcolax tablets with 8oz of water.
- **4–5 PM:** Drink 32oz of the MiraLAX solution. Finish within 1 hour.
- **7–8 PM:** Drink another 32oz of the MiraLAX solution.
- Stay near a bathroom — the goal is diarrhea!

6 Day of Your Procedure

- No smoking or chewing tobacco after midnight.
- **5 hours before:** Drink the final 32oz of MiraLAX solution. Finish within 1 hour.
- **4 hours before:** Nothing by mouth — no food, water, gum, mints, or candy.
- If you have acid reflux, you may take 1–2 Pepcid AC up to 2 hours before your procedure with a small sip of water.
- If your stools are not clear/light yellow, or you cannot see the bottom of the toilet, use a Fleet enema at home before coming in.
- Take only medications approved by Dr. Earl, with a small sip of water.
- Bring your photo ID and pacemaker/AICD card, if applicable.
- Your adult driver (18+) must accompany you and remain on the premises during your procedure.

Colon Cleansing Tips

- Drink the solution chilled and through a straw.
- Walking helps move the solution through your colon.
- If your stomach feels full, slow down.
- For skin irritation or hemorrhoids: hydrocortisone cream, baby wipes, Vaseline, Preparation H, and Tucks are all permitted. Avoid alcohol-based products.

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