



SURGICAL ASSOCIATES

Patient Education

MiraLAX (polyethylene glycol) Bowel Prep

Day *before* procedure - Date: _____

NO SOLID FOOD TODAY - CLEAR LIQUIDS ONLY (see back for list).

- 1:00 p.m.** Drink at least 12 ounces of clear liquids.
2:00 p.m. Drink at least 12 ounces of clear liquids.
3:00 p.m. Drink at least 12 ounces of clear liquids.
4:00 p.m. Mix MiraLAX (polyethylene glycol) 238 gram bottle with 64 ounces of Gatorade, Powerade or Propel Water. Drink over the next 2 to 4 hours.
For example: An 8 ounce glass every 15 minutes equals 2 hours.

With the first glass of the Gatorade/Powerade/Propel mixture, take 4 Bisacodyl tablets.

DO NOT CHEW.

If you are feeling sick while drinking the mixture, take a break for an hour and have some 7UP or ginger ale, then resume.

*****All products are available over-the-counter at local pharmacies (i.e., Walmart, Walgreens, Target, CVS, etc.)*****

Note: Please **stay home** once you have started your prep. Also, the use of **moist towelettes** or **wipes** may help to minimize discomfort during the colonoscopy prep.

Results should be a yellow-green liquid (like Mountain Dew), and you should be able to see through to the bottom of the toilet. There may be some flecks of mucous streaks on the bottom, which is normal. The morning of your procedure, if your stool is not clear, please contact the location your procedure is at because they may have you come in a little earlier that day. **Pine Ridge Surgery Center: 715-843-1019; Aspirus Wausau Hospital: 715-847-2799; Plover Hospital Surgery Center: 715-342-1015.**

May drink clear liquids until midnight.

Day *of* procedure - Date: _____ Arrival time: _____

You may take your prescription medications with a sip of water.

(FLIP OVER)

Clear Liquids Include:

- Water and mineral water
- Any fruit juices without pulp (i.e., apple juice)
- JELL-O
- Diet or regular soda
- Diet or regular Kool-Aid
- Gatorade, Powerade or Propel
- Popsicles
- Clear broth or bouillon
- Coffee or tea without cream

If you are **diabetic** and are concerned about your blood sugars, you may take Boost or Ensure (without fiber) the day before the exam (up to a maximum of 3 cans/containers).

Due to the sedative medications that are given to you during your procedure, **you cannot drive home**, and you should have someone stay with you at home after your procedure for your safety.

If the physician removes polyps or takes biopsies, you will need to stay off Aspirin, Aleve, Ibuprofen and Vitamin E for one week after your procedure.

The physician will talk to you after your procedure. Due to the sedative medication, you may not remember talking to him/her.

If you have any questions, call your physician at 715-847-2022.



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