



LG Bahamonde, DO  
Digestive Healing™

## COLONOSCOPY PREPARATION

### YOU NEED:

- **MiraLAX®** 238 grams (no less than 8.3 ounces)

It is generic polyethylene glycol.

You can find it in the laxatives section (without prescription / over the counter).



- An empty plastic bottle, 1-gallon pot or jug- to mix the ingredients for the 64-ounce Prep
- 2 32-ounce bottles of clear Pedialyte®; Gatorade®, Propel®, Crystal Light® or other non-carbonated, clear liquid beverages (no red colors, no alcohol).
- Generic Dulcolax® / bisacodyl laxative tablets. (No suppositories, no stool softener)  
You will need 2 tablets for the preparation.
- The pharmacist can recommend others similar to these products, if they do not have these brands available. Laxative, anti-gas, petroleum jelly or anal ointment, wet wipes / baby wipes.



## **3 DAYS BEFORE**

### **DO NOT EAT:**

Nuts, seeds, dried fruits, whole grain breads, corn, brown rice, beans  
Raw lentils, salads or fruits. Fiber content per serving: 1 to 2 grams.

## **2 BEFORE DAYS**

### **CAN EAT:**

Yogurt without fruit or colors (plain, Greek) with honey (optional), kefir, soft tofu, eggs, white rice, fish, chicken, peanut butter / peanut butter, plain pasta with butter or oil.



## **THE DAY BEFORE**

### **MORNING: ONLY LIQUIDS**

- Clear liquids that you can drink include: tea, coffee, water, pedialyte, apple or white grape juice, broth
- Make homemade garlic, vegetable, chicken, beef BROTHS- BUT, pass them through a strainer or filter.
- Do not eat anything solid from the broth-- drink the clear broth that contains electrolytes & nutrients.
- Coffee or tea (without milk or cream); carbonated drinks like ginger ale or lemon-lime soda; Gatorade® or other sports drinks (not red)
- Plain jello or other jellies (not red) or popsicles (not red).
- DO NOT drink alcohol the day before or the day of the procedure.

### **PREPARING PREP**

- In a large pitcher mix 8.3 ounces of MiraLAX® powder with 64 ounces of Gatorade®.
- Mix the contents until all the MiraLAX® powder is completely dissolved.
- After taking the first half, the second half of the MiraLAX mixture will remain for later (6 to 8 hours after the first half). Store the rest in the refrigerator.
- Bowel movements usually begin within 1 to 3 hours after drinking the first dose. It may take longer for some people.
- **Before you develop** watery stools: apply petroleum jelly or A&D ointment to the skin around your anus after cleansing with a "BabyWipe" or wet wipe; wash with water; and dry with a paper towel after each bowel movement, to help prevent perianal irritation.
- If constipated, you can use a water-based Fleet® enema to help pass hard stools.
- Don't worry if you don't start to have a bowel movement after drinking the first half of MiraLAX. Continue drinking clear liquids.
- **Before&After** taking Prep, continue to drink clear liquids with electrolytes (ex. Pedialyte) **every hour** (24 to 32 ounces per hour) to stay hydrated and cleanse your colon.

### **BREAKFAST, DAY BEFORE**

- Coffee /tea black; apple juice, pedialyte, rice flour, broth

#### **Nothing solid after 10 a.m**

#### **• At 12 p.m.**

- Take 2 tablets of Dulcolax® laxative pill
- And have 3 cups of your favorite broth.

#### **• At 2 p.m.**

- Drink the first half of the MiraLAX® solution that you prepared.
- Drink an 8-ounce glass every 15 minutes.
- You can drink it straight or with a straw.
- You can continue drinking clear liquids for the rest of the day; drink several glasses or cups per hour.

#### **• At 9 p.m.**

Take the second half of the MiraLAX® solution that you prepared.  
Drink an 8-ounce glass every 15 minutes until all / completely done, in 1 to 2 hours.  
You can continue to drink clear liquids every hour, until you go to bed.



## **THE MORNING OF YOUR COLONOSCOPY**

- **4 hours before your endoscopy:**

- Drink **3 glasses** of PediaLyte &/or coffee or black tea, without milk &/or water with your medicines.

- **Do \*NOT take diabetes medicine on the day** of the procedure.

- **3 hours before your endoscopy:**

- Nothing by mouth-- Stop drinking liquids!

After the Prep, stool should look like urine, light yellow or green clear liquid without solid matter.

\* If 2-hours before leaving your home you're seeing brown or solid stools, call the endoscopy center & let the nurse know-- you may need new instructions for more liquids & prep.

- DO NOT drink anything 2 hours before your procedure - do not chew gum / gum, hard candy hard / mints. Do not smoke tobacco, marijuana, or e-cigarettes on the day of your procedure.

- You can take your medications 2 to 4 hours before your procedure with water, unless your doctor tells you otherwise.

- **Please bring to endoscopy center:**

- Adult driver responsible for accompanying you home. Your procedure will not begin without your driver or guardian present. Health insurance cards. Photo identification.

- Do not wear jewelry, this may interfere with cautery equipment &/or may get lost or misplaced.

**Thank You,** for your cooperation.

**Lourdes G. Bahamonde, DO**

[www.centerfordigestivehealing.com](http://www.centerfordigestivehealing.com)

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