



Carl Dettwiler, MD  
2517 17<sup>th</sup> Street, Suite B  
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Gem State Endoscopy  
3709 14th Street  
Lewiston, ID 83501  
Phone: (208) 298-2141 Fax: (208) 746-3144

**Procedure Date:** \_\_\_\_\_ **Arrival Time @ 3709 14<sup>th</sup> Street:** \_\_\_\_\_

### **Miralax/Dulcolax Colonoscopy Prep**

**\*\* Following these instructions correctly will help your colonoscopy prep and procedure go smoothly\*\***

**3 days prior to your procedure,** \_\_\_\_\_:

1. **Start Miralax or the generic Polyethylene Glycol 3350;** 1 dose twice a day for 3 days, then stop once you start your prep.
2. **Drink plenty of fluids** including juice, broth, and sports drinks with potassium and other electrolytes to avoid dehydration and electrolyte imbalance.

**The day before the procedure,** \_\_\_\_\_:

1. You may have a low residue breakfast and lunch (see attached diet).
2. **1:00 pm** start a clear liquid diet and remain on clear liquids until 2 hours before your procedure.
  - a. Avoid red, orange, and purple-colored liquids which can mimic blood.
  - b. Avoid alcohol for 24 hours before your procedure
3. **2:00 pm** take 2 Dulcolax (bisacodyl) tablets (5mg each)
4. **4:00 pm** take 2 Dulcolax (bisacodyl) tablets (5mg each)
5. **5:00 pm** mix 2 packets of Gatorade or Propel and 10 doses of the Miralax in the pitcher, fill with water and drink. Try to drink 8oz every 10-15 minutes. After finished repeat the mixture of 2 packets of Gatorade or Propel and 10 doses of Miralax in pitcher with water and drink. You will drink 20 doses Miralax and approximately 60oz of the Gatorade/Propel water total. Save 10 doses of Miralax and 2 packets of Gatorade or Propel for the morning.
6. **Continue to drink plenty of fluids** including juice, broth, and sports drinks with potassium and other electrolytes to avoid dehydration and electrolyte imbalance.



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7. **At bedtime** take 2 Dulcolax (bisacodyl) tablets (5mg each)

**The morning of your procedure, stay on CLEAR LIQUID DIET Do not eat solid foods or dairy products.**

**5 hours before you leave to come to Gem State Endoscopy, \_\_\_\_\_ :**

1. Take 2 Dulcolax (bisacodyl) tablets (5mg each)
2. One hour later mix the remaining 2 packets of Gatorade or Propel and 10 doses of Miralax in the pitcher with water. Drink an 8oz glass of mixture every 10-15 minutes until gone.
3. 2 hours before you leave to travel to your procedure STOP drinking all liquids. Do not chew gum or suck on hard candy.
4. Please take any essential medications, such as heart, blood pressure, asthma, or seizure meds as usual.
5. You may use Vaseline or similar agents to the perianal area to help with burning or pain.

**After completing the prep:**

1. The effluent (material) from the rectum should be clear or light yellow
2. You should be able to read a newspaper through an inch of the liquid

**If the above characteristics do not describe what you see, you may need additional prep.  
Call 208-743-4373 ASAP.**

**If it is over the weekend and the office is closed, please go the store and purchase over the counter 8.3 oz of Miralax and 56oz. Gatorade/Powerade. Drink until the material matches the description above.**

**\*\*YOU MUST BRING SOMEONE WITH YOU TO DRIVE YOU HOME AFTER THE PROCEDURE\*\***

**We do not allow public transportation or ride services for your safety.**



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