

Colon Bowel Two-Day Preparation

TWO DAYS BEFORE PROCEDURE

DATE: _____

Begin this preparation guide two days before your procedure. The purpose of the bowel prep is to clean out your colon so the physician can get a clear look at your bowel wall. The first dose cleans out most of the solids and the second dose clears away the remaining residue. If the colon is not clean, the doctor may not be able to see polyps, ulcers, cancers or other conditions. Follow the steps below. Don't stop the prep because of loose or liquid stool.

- Don't eat solid food for the entire two days before your procedure, only clear liquids.

You may take all of your regular medications. If you take diabetes medications or prescription blood thinners, follow the special instructions from your primary care providers or anticoagulation management service (AMS).

STARTING THE BOWEL PREPARATION - PART 1 (STEPS 1-5)

Step 1

Preparation: You'll need to purchase the following over-the-counter medications to prepare for your procedure:

- Miralax (Polyethylene Glycol) two (2) 238 gram bottles
- Dulcolax (Bisacodyl) 5 mg (you will have to buy a whole box but will only need 2 tablets)

If you prefer to use the generic forms of these medications, ask your pharmacist for assistance.

Step 3

- At 3 p.m., mix one 238 gram bottle of Miralax® (Polyethylene Glycol) powder in 64 fl. oz. of Gatorade™ or other clear liquid. Don't use red-colored liquids.
- Mix until dissolved.
- Place in refrigerator until 5 p.m.



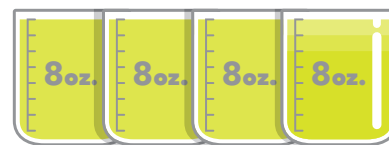
Step 2

The two days before your procedure: At 3 p.m., take two Dulcolax® 5 mg tablets (Bisacodyl tablets) with a full glass (8 oz.) of water.



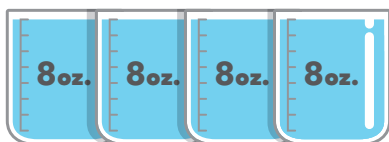
Step 4

- At approximately 5 p.m., drink one cup (8 oz.) of the Miralax® prep solution. Do this every 10-15 minutes until half (32 oz.) of the mixture is finished.
- Refrigerate the rest of the prep solution to drink in the morning.



Step 5

- You should begin to have loose stools in two to six hours. The stool will become liquid and be lighter in color (see graph on following page).
- Continue to drink one cup (8 oz.) of clear liquid every hour until you go to bed. This will keep you hydrated and help clean your colon.



ONE DAY BEFORE PROCEDURE

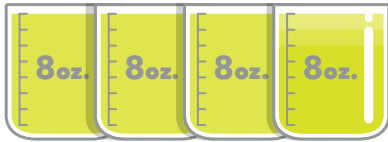
DATE: _____

- No solid food.
- You may take all of your regular medications. If you take diabetes medications or prescription blood thinners, follow the special instructions from your primary care providers or anticoagulation management service (AMS).

CONTINUING THE BOWEL PREPARATION - PART 2 (STEPS 6-9)

Step 6

- At approximately 8 a.m., drink one cup (8 oz.) of the Miralax prep solution. Do this every 10-15 minutes until mixture is finished.
- Continue to drink one cup (8 oz.) of clear liquid every hour throughout the day. This will keep you hydrated and help clean your colon.



AFTERNOON DAY BEFORE THE PROCEDURE

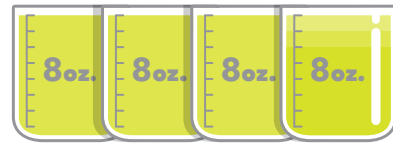
Step 7

- At 3 p.m., mix one 238 gram bottle of Miralax (polyethylene Glycol) powder in 64 fl. oz. of Gatorade or other clear liquid. Don't use red-colored liquids.
- Mix until dissolved.
- Place in refrigerator until 5 p.m.



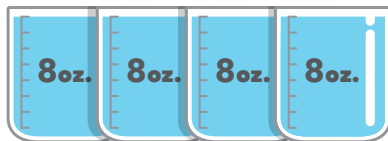
Step 8

- At approximately 5 p.m., drink one cup (8 oz.) of the Miralax® prep solution. Do this every 10-15 minutes until half (32 oz.) of the mixture is finished.
- Refrigerate the rest of the prep solution to drink in the morning.



Step 9

- You should begin to have loose stools in two to six hours. The stool will become liquid and be lighter in color (see graph on following page).
- Continue to drink one cup (8 oz.) of clear liquid every hour until you go to bed. This will keep you hydrated and help clean your colon.



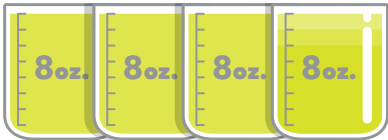
MORNING OF THE PROCEDURE

- No solid food until your procedure is over.
- You may take all of your regular medications. If you take diabetes medications or prescription blood thinners, follow the special instructions from your primary care providers or anticoagulation management service (AMS).

CONTINUING THE BOWEL PREPARATION - PART 3 (STEPS 10-12)

Step 10

- 4 hours before your scheduled report time begin drinking the remaining prep solution. Drink one cup (8 oz.) every 10-15 minutes until the mixture is gone.



Step 11

- Stop drinking all liquids two hours before your scheduled report time.

Step 12

- Report for the procedure at your scheduled location and follow registration instructions provided.

Bowel Prep Video

Snap a picture of the QR code to take you directly to Digestive Health Tools and Instructions webpage where you can view Preparing for Your Colonoscopy video or type the following URL into your browser:

Carle.org/Services/Digestive-Health-Patient-Instructions



STOOL COLOR GUIDE

Your stool should eventually look like what you are drinking. It will become clear to light yellow, with very few particles.



611 W. Park St., Urbana, IL 61801 | (217) 383-3311 | carle.org

Carle Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-217-383-2543. UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 1-217-326-0340.