

EXTENDED Colonoscopy Bowel Preparation Instructions

MiraLAX



Please arrive one hour and 15 minutes prior to your procedure time: If you are delayed, please call 970-384-7500 to let the charge nurse know, otherwise we may need to reschedule your appointment.

1 WEEK BEFORE YOUR PROCEDURE:

- **AVOID EATING** corn, popcorn, nuts, and foods containing seeds.
- **You** will need to purchase one bottle of MiraLAX (over the counter) from any store/pharmacy.
 - Take one dose of MiraLAX **twice a day** (morning and night) for a total of **five days**.
 - One dose consists of **one capful** (17 g) of MiraLAX mixed into **8 oz** of clear liquid.

2 DAYS PRIOR TO YOUR PROCEDURE:

Do not start bowel prep if you have not received your cost estimate from Valley View and have financial concerns. Please contact Patient Financial Services at 970-384-6880 or pfsverification@vvh.org

- **Starting at midnight, 2 days prior to your procedure, drink only a CLEAR LIQUID DIET -**
 - **EXAMPLES OF CLEAR LIQUIDS** (liquids you can see through): Water, fruit juices (apple, white grape, white cranberry, lemonade), soda, sports drinks, fat free broth, popsicles, Jell-O, black coffee, or tea (without milk or cream) - avoid red, purple, or orange colored drinks or drinks that contain pulp material. No alcohol
 - **YOU SHOULD NOT BE EATING ANY SOLID FOOD.**
 - You will be completing a total of **two days of clear liquids**.
 - **STAY HYDRATED** throughout the day with at least eight 8 oz. glasses of clear liquids in addition to what you drink with your bowel prep medication to help clean the colon and prevent dehydration.

DAY PRIOR TO YOUR PROCEDURE:

- Please follow the instructions for the bowel prep you were prescribed, which can be found at:
 - The Gastroenterology Center Website: Patient Resources, colonoscopy instructions page and find the name of your prescribed prep.
 - Portal: See additional attached document sent with this one.