

YOUR BOWEL PREP IS VERY IMPORTANT! PLEASE FOLLOW THESE INSTRUCTIONS CAREFULLY.

- Cascade Endoscopy Center: 1007 Harlow Rd, Ste 110 Springfield, OR 97477, 541-726-8882 cascadeendocenter.com
- Mckenzie Willamette Hospital: 1460 G St, Springfield, OR 97477

Prep: MiraLAX/Dulcolax

<p style="text-align: center;">7-10 Days Before Your Appt</p>	<ul style="list-style-type: none"> □ Purchase the following: <ul style="list-style-type: none"> ❖ 1-238g bottle of MiraLAX over the counter (OTC) ❖ Dulcolax (bisacodyl) 5mg tablets OTC- will need a total of 4 tablets. ❖ Gatorade 64oz bottle (NO red/ NO purple) ❖ Clear liquids—refer to clear liquid handout ❖ If your weight is 175 or greater, PURCHASE an additional 238g bottle of MiraLAX OTC, take 1 capful, 1-2x per day for the 5 days <u>prior</u> to starting your bowel prep. □ Plan for a driver to take you home: You cannot drive after your procedure until the following day due to the sedation/anesthesia. No taxis/Uber. □ STOP eating: visible seeds, nuts, or whole grains. Fruits and vegetables can be ok, if seeds are removed. Please avoid oil-based vitamins (A, D, E, K, or fish oil). These could impact the quality of your bowel prep. □ STOP all NSAIDS for the 2 days prior to procedure: Aspirin, Advil, Aleve, etc. Tylenol is ok. □ If you are diabetic or on a blood thinning medication, please refer to those handouts. Contact us if needed or for questions.
<p style="text-align: center;">1 Day Before Your Appt, Prep Day #1</p>	<p>FOLLOW THESE INSTRUCTIONS, NOT WHAT IS ON THE KIT</p> <ul style="list-style-type: none"> □ Clear liquid diet ONLY, beginning from the time you wake up. □ At 9AM: Take 2 Dulcolax (bisacodyl) tablets with 8oz of water. □ At 2PM: Mix entire bottle of MiraLAX with the 64oz Gatorade, drink ½ or 32oz of the mixture over a minimum of 1 hour. * Keeping this chilled may help with taste □ Continue clear liquids throughout the evening to stay hydrated. □ If you experience nausea and/or vomiting, take a break for 15-30min, then continue drinking liquids. If it continues call 541-228-3330. □ At 8PM/bedtime: Take the remaining 2 Dulcolax tablets. If your bowel movements are still formed or liquid brown, Call: 541-228-3330.
<p style="text-align: center;">Procedure Day, Prep Day #2</p>	<ul style="list-style-type: none"> □ Continue ONLY clear liquid diet from the time you wake up. Please take your regular medications, especially those for BLOOD PRESSURE- take 2 hours before to OR 2 hours after your morning prep dose. □ 5 HOURS PRIOR TO PROCEDURE TIME: <ul style="list-style-type: none"> ❖ SLOWLY Drink the remaining 32oz of MiraLAX/Gatorade prep solution, drink over a minimum of 1 hour. ❖ Drink an additional 16oz of water over the next 1 hour following the prep step. ❖ Your bowel movements should be: liquid & clear/yellow, like urine- if not please call 541-228-3330 or 541-726-8882 ASAP for further instructions □ 3 HOURS PRIOR TO PROCEDURE TIME: <ul style="list-style-type: none"> ❖ NO DRINKING/NOTHING by mouth- this includes water, gum, mints, cigarettes, marijuana, chewing tobacco ❖ Bring insurance card & photo ID for check in. You MUST have a driver to take you home.

Clear Liquid Diet Information

What items are considered clear liquids? Clear liquids are those which you can see through- **NO SOLIDS, NO PULPS, and NO DAIRY.** These liquids are easily digested and leave no undigested residue in your bowels.

AVOID/NO: RED or PURPLE DYES/COLORING, BONE BROTH, ALCOHOL

You MUST STOP all fluids/anything by mouth for the 3 hours prior to your scheduled procedure time- this includes: gum, mints, cigarettes, chewing tobacco, etc). Not following this may result in procedure delay or cancellation.

Please remember to include liquids with calories, sugar, and electrolytes as you are not eating regular food, even if you are diabetic. Please do not only drink plain water, this can lead to dehydration and electrolyte imbalance. *Please utilize the diabetic management handout if this applies to you.

Clear High protein options are important as well, examples are: Broths and clear protein drinks

Although not “clear”- Black coffee, teas, and even drinks like Pepsi/Coke are considered clear liquids.

Examples of items you may have on a clear liquid diet:

- Vegetable, chicken, and or beef bouillon/broth, **NO bone broth**
- Jello-O/gelatin
- Gummy Bears
- Gatorade, Powerade, other sports drinks
- Clear juices, no pulp
- Coffee/Tea- no cream or milk
- Water- including sparkling/flavored
- Coconut Water- no pulp
- Clear protein drinks (Ensure, etc)
- Soft drinks
- Crystal light
- Popsicles, ice pops- no sherbert, no pureed fruit, no pulp
- Hard candies, lollipops

Please note, this is not an all-inclusive list- Please call us if you have specific questions/concerns.