

# Metro Colon and Rectal Surgery

10215 Fernwood Road, Suite 102  
Bethesda, MD 20817  
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## Colonoscopy and Colon Resection Bowel Preparation:

**Five days** before your colonoscopy or procedure please purchase:

- Four Dulcolax laxative tablets containing 5mg of bisacodyl each (**NOT Dulcolax stool softener**)
- One 8.3-ounce bottle of MiraLAX (238gram) or generic equivalent.
- Two 32-ounce bottles of Gatorade (NOT RED).
  - a. If you have diabetes or are pre-diabetic, use Gatorade G2 (NOT RED)

**Five days** before your colonoscopy or procedure please:

- Do NOT take medications to stop diarrhea (Imodium, pepto-bismol, kaopectate, lomotil, etc)
- Do NOT take fiber supplements (Metamucil, Citrucel, psyllium, etc)
- Do NOT take products that contain iron, such as multivitamins
- Do NOT take Vitamin E supplements

**Three days** before your colonoscopy or procedure please:

- Do NOT eat high-fiber foods such as popcorn, beans, seeds, multigrain bread, nuts, salads/vegetables or fruits (fresh or dried)

**One day** before your colonoscopy or procedure please:

- Only drink clear liquids the ENTIRE DAY before your colonoscopy. Do NOT eat any solid foods. Drink at least 8 ounces of clear liquids every hour after waking up. Avoid liquids you cannot see through, juices with pulp, milk or creamer, or alcoholic beverages.
- Your bowel preparation will be consumed in two parts. Please mix half of the MiraLAX bottle (119 grams) in each of the 32-ounce Gatorade bottles until dissolved. Keep this cooled in the refrigerator. DO NOT ADD ICE.
- **Part 1:**
  - At 5:00pm the night before, take four Dulcolax tablets.
  - At 6:00pm the night before, take:
    - 32-ounces of the mixed Gatorade and miralax solution by drinking an 8-ounce glass of the mixture every 15 minutes for a total of four glasses over one hour.
  - At 7:00pm the night before, take:
    - Two 8-ounce glasses of clear liquids over 30 minutes.
  - At 8:00pm the night before you may continue to drink clear liquids until midnight

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## The day of your colonoscopy or procedure:

- **Part 2:**
  - Four to six hours before your procedure/colonoscopy drink the other 32-ounce bottle of mixed solution by drinking 8-ounces every 15 minutes over one hour.
  - After finishing your bowel prep solution, please drink two 8-ounce glasses of clear liquids over 30 minutes
  - You may continue to drink water up to three hours before your colonoscopy or procedure
  - **Do NOT drink anything 2-3 hours before your procedure.**

## Important Facts:

- A responsible person **MUST BE PRESENT** with you at the check in before your colonoscopy and **MUST REMAIN** at the hospital until you are discharged. You are not allowed to drive, take a taxi or bus, or leave the hospital/endoscopy center alone. **If you do not have a responsible driver with you to take you home, your procedure will be canceled.**
- Please bring a list of your medications with you to your colonoscopy or procedure
- If you take insulin, diabetic medications, or blood thinners, you **must** call the doctor who ordered those medications for instruction on altering the dosage before your colonoscopy or procedure.
  - If you are taking blood thinners these will likely be stopped 2-7 day prior to your colonoscopy or procedure
- All other medications may be taken the morning of the colonoscopy or procedure with a sip of clear liquid or water

## What to Expect:

- Expect to have frequent bowel movements and diarrhea within 1-4 hours.
- Remain near a restroom.
- Expect to pass clear or yellow fluid at the completion of your prep.
  - **Complete the entire prep even if passing clear or yellow fluid.**

## Tips and Tricks:

- The bowel preparation will give you diarrhea and may irritate your anus, please consider using Desitin, Anusol, Tucks pads or Vaseline.
- You may mix your miralax with clear sodas like sprite or ginger ale (not advised for diabetics or pre-diabetics) if preferred. Do not mix the bowel prep with alcohol.