



WICHITA
SURGICAL
SPECIALISTS, P.A.

Colonoscopy Prep Instructions

You will need to purchase an 8.3 oz. bottle of MiraLAX and 6 Dulcolax tablets which is all over-the-counter at any pharmacy or drugstore.

Two weeks prior:

Stop any herbal medications like fish oil.

One week prior:

Stop taking any iron supplements and Pepto-Bismol.

Five days prior:

Stop taking any aspirin, vitamin E, Motrin, Advil, Aleve, etc. Stop taking any blood thinners (Coumadin, Warfarin, Plavix, if approved by your physician).

Two nights prior to procedure:

Take 2 Dulcolax tablets (do not crush or chew).

Start day prior:

You will need to be on clear liquids all day. You will also need to start your bowel prep to clean out your colon.

Clear liquids include:

- Juices without pulp (apple or lemonade)
- Tea or coffee (no milk products or creamers)
- Jell-O (no red or purple)
- Popsicles or ices (no red or purple)
- Gatorade (no red or purple)
- Water
- Soft drinks
- Clear soups, broths or bouillon
- Kool-aid (no red or purple)

1. Take 4 Dulcolax tablets at 10 a.m. with a full glass of water (do not crush or chew).
2. Mix one 8.3 oz. bottle of MiraLAX with 1/2 gallon of water or Gatorade (keep refrigerated); between 2 p.m. and 6 p.m. drink 8 oz. every 10-20 minutes until gone.
3. Do not eat or drink after midnight.
4. You will need someone to drive you home after the procedure.

If questions, call (316) 263-0296.