

Digestive Diseases Consultants

Miralax and Dulcolax Bowel Prep

FOLLOW ALL THE STEPS COMPLETELY

One week before your test:

- Do not take aspirin products or iron tablets.

Because of medications used during the procedure, you will need a driver to take you to the surgery center/ hospital and pick you up

You will need these items from a pharmacy:

- **Miralax** in large bottle (8.3 ounces or 238 grams)
- **2 Dulcolax or bisacodyl tablets** (5 milligram tablets)

Buy a large 64-ounce bottle of sports drink such as Gatorade. If you have diabetes, buy a no or low calorie drink such as Crystal Light instead. This will be used to mix your Miralax the day before your test. Do not use carbonated beverages.

The day before your colonoscopy:

CLEAR LIQUID DIET THE ENTIRE DAY BEFORE YOUR COLONOSCOPY!

Clear liquid diet

These Items are allowed, drink at least 6-8 glasses:

Water, Clear broths (chicken broth, beef broth, vegetable broth), Juices (apple juice, prune juice, grape juice, cranberry juice, lemonade, Kool Aid), Clear beverages (Sodas, Tea, Coffee), Ices/Jell-O (Clear Jell-O, Popsicles without fruit, Italian Ices)

These Items are **Not Allowed**:

Milk, Cream, Milkshakes, Orange Juice, Tomato Juice, Cream Soups, Oatmeal, Cream of Wheat, Any soups other than clear broth

- 1:00 PM Take 2 Dulcolax tablets with a drink of clear liquids.
- 2:00 PM Mix the Miralax in a 64-ounce bottle of Gatorade or other clear liquid of choice. Cap the bottle and shake the bottle to dissolve the powder. Most people prefer to drink the liquid chilled so you may want to place it in the refrigerator.
- 4:00 PM Drink 32 ounces of the Miralax. Drink one glass every 10 to 15 minutes. Finish drinking the liquid in 2 hours.

The morning of the colonoscopy:

3-4 hours prior to your procedure time, drink the remaining 32 ounces of Miralax.

Do not drink any other fluids or eat food.

Ask your doctor if you should take any of your medicines the morning of your test. If so, take with sips of water.

If you experience problems please call 815-936-1700 if scheduled at our surgery center or 815-937-5200 if scheduled at the hospital. If it is after office hours the doctor on call will be paged for you.

9/2010