

Miralax and Dulcolax Bowel prep for Colonoscopy

A bowel prep is done to clear the bowel of all solid matter. Its purpose is to prepare the bowel for surgery or a procedure. Please follow these instructions. Begin the bowel prep the day before your scheduled procedure.

To prepare:

- Tell your doctor if you have *diabetes* or *take blood thinners*. You may need to stop some of your medication a few days before your test.
- Ask your doctor if you should take any of your medicines the morning of your test. If so, take with small sips of water only.
- One week before your test:
 - Do not take aspirin products or iron tablets.
 - Do not take fiber supplements like Metamucil, Citrucel, or Fiberall.
 - Do not eat popcorn or any corn.
- You will need these items from a pharmacy:
 - Miralax in a large bottle (8.3 oz or 238 grams)
 - 4 Dulcolax or Bisacodyl tablets (5 milligram tablets)There may be store brands of these products that cost less. Ask the Pharmacist to help you find what you need.
- Buy a large 64 oz 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.
- Arrange to have an adult bring you to your appointment and take you home after the test.

On the day before your test:

1. Drink only clear liquids. **Avoid all red or purple colored drinks.** Do not eat any solid food or milk products until your test is done.
Clear liquids:
 - Water
 - Apple juice or white grape juice

- Black coffee (do not add creamer or milk)
 - Black or green tea (do not add creamer or milk)
 - Gatorade or other sports drinks
 - Clear broth or bouillon
 - Jello
 - Popsicles
- IT IS VERY IMPORTANT TO STAY HYDRATED!!!**

2. Follow the schedule in the table below for your bowel prep. You may need to get to the toilet right away. You will have many bowel movements throughout the day. They will become watery. The bowels are clear or clean when there is only pale yellow fluid without flecks of stool.

1:00 PM Take 4 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 Start to drink Miralax. Drink one glass every 10-15 minutes. Finish drinking the liquid in 2 hours. Be sure to drink ALL of the liquid.

Midnight Do not eat anything after midnight. You may gargle but do not swallow any liquid. Do not smoke after midnight.

The morning of the colonoscopy:

- Do not eat or drink anything until after your test is done.
- If you are to take your morning medicines, take them with small sips of water only.
- Bring all medicines you usually take (in original containers) to the hospital with you.
- ***You will need to have an adult take you home after your test.***

You will not be able to leave by yourself and it will not be safe for you to drive because of the anesthesia you are given at the start of your test.

- You will need to arrive at the surgery center one hour prior to your test so that staff can get you ready. Expect to be at the surgery center for 2 to 4 hours for your test and recovery time.

Talk to your doctor or nurse if you have any questions or concerns.