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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 one 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 medicines 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 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 item from a pharmacy:
 - Miralax (8.3 ounce or 238 grams)
 - 2 Dulcolax or bisacodyl tablets (5 mg)

There may be store brands of these products that cost less which are fine to use. Ask the pharmacist to help you find what you need.

- Buy a large 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 your test.

On the day before your test:

1. Drink only clear liquids. Avoid all red and purple colored liquids. Do not eat any solid food or milk products. (Clear liquids include: water, strained fruit juices (no pulp), popsicles, ice, soft drinks, Gatorade, clear broth or bouillon, Jell-O, Kool-Aid, coffee (no milk or cream), and tea.)
2. Follow the schedule in the table on the next page for your bowel prep. You may need to get to the toilet right away. You will have many bowel movements through the day. They will become very watery. The bowels are clear or clean when there are only pale yellow fluids with no flecks of stool.

1:00 PM	Take 2 Dulcolax tablets with a drink of clear liquids.
	Mix the entire bottle of Miralax in a 64 ounce bottle of Gatorade or other clear liquid you chose. Cap the bottle and shake the bottle to dissolve the powder. Most people prefer the liquid chilled, so you may want to place it in the refrigerator.
2:00 PM – 6:00 PM	Begin drinking the mixture. Drink 4 ounces every 15 minutes. Finish drinking the liquids within 4 hours. Be sure to drink all of the mixture. If you begin to feel full after a few glasses it is ok to slow down a bit so that you do not vomit. If you need to take longer than 4 hours that is not a problem.
12:00 MIDNIGHT	Do not eat or drink anything after 12 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 your test is done.
- If you are to take your morning medicines, take with a small sip of water only.
- Bring all medicines you usually take (in the original containers) to the hospital with you.
- **You will need to have an adult with you to 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 medicine you are given at the start of the test.**
- Expect to be there 2 to 4 hours for your test and recovery time.

Please call the office at 933-1199 for any questions.

FACILITY: _____

DATE: _____

ARRIVAL TIME: _____

NO ASPIRIN, IBUPROFEN, COUMADIN, PLAVIX, OR ANY TYPE OF BLOOD THINNER FOR 5 (FIVE) DAYS BEFORE YOUR PROCEDURE.