

MIRALAX BOWEL PREP FOR COLONOSCOPY

(Split Dose)

PURCHASE AT THE PHARMACY:

- 4 Dulcolax (bisacodyl) Tablets
- One bottle (238 gram) of Miralax (polyethylene glycol)
- 64 ounces of any clear liquid of your choice (NO RED, NO PURPLE). Most people prefer Gatorade or Crystal light.

FIVE TO SEVEN DAYS BEFORE YOUR COLOSCOPY:

Please inform your physician if you are taking blood-thinning medication such as Plavix, Lovenox, aspirin, etc. Most likely you will be asked to discontinue these medications 3 and 7 days prior to your procedure if approved by your family physician or cardiologist.

ONE DAY BEFORE YOUR COLONOSCOPY:

- Mix the 238 gram bottle of Miralax in 64 ounces of clear liquid of your choice as described above. Shake the solution until the Miralax is dissolved then refrigerate.
- **NO SOLID FOOD.** You must follow a clear liquid diet.
- Take 2 tablets of Dulcolax at 1:00pm and another 2 tablets at 3:00pm then begin drinking the first half of solution (32 ounces) starting at 3:00pm and the other half (32 ounces) 9:00pm. Drink 8 ounces of solution throughout 10-15 minutes until you finish the entire bottle.
- Remain close to the toilet facilities.
- Be sure to stay very well hydrated. Drink extra clear liquid before you go to bed.
- Do **NOT** eat or drink after midnight (minimum of 8 hours before your procedure)
- You will know you have done a good job completing your prep solution once your stools are clear and watery. The stool should not be muddy or thick.
- You may experience some bloating, cramping, nausea, diarrhea, and/or vomiting. This is usually temporary and the symptoms will gradually improve. You may feel weak, especially if you have not taken enough fluid with the prep solution and can be remedied by increasing your fluid intake.



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Board Certified in Gastroenterology and Hepatology

- Wet aloe wipes and a zinc oxide based ointment may relieve any soreness related to stool evacuation.
- No alcohol.

Please ensure you have a follow up appointment to discuss the test results with our provider.

Feel free to call our office with any questions or concerns. Good Luck!

A minimum of 48 hours notice is required for cancellations.

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