

Digestive Disease Consultants

David h Lebioda, M.D
Richard J. Straker, M.D
Raaj K. Popli, M.D

Barry R. Katz, M.D
Harry H Shephard, M.D
Sanjay K. Reddy, M.D

Miralax and Dulcolax Bowel Prep for Colonoscopy

You will need these items from the pharmacy:

1. Miralax in large bottle (8.3 ounces or 238 grams)
 2. 4 Dulcolax or bisacodyl tablets (5 milligrams)
- 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.

On the day before your test:

1. Drink only clear liquids. Avoid all red liquids or red jell-o. Do not eat any solid food or milk products until your test is done.
2. Clear Liquids include:
 - **WATER**
 - **CLEAR FRUIT JUICES (APPLE, WHITE GRAPE, WHITE CRANBERRY JUICE)**
 - **SODA (DIET OR REGULAR)**
 - **COFFEE OR TEA (NO MILK OR CREAM)**
 - **GATORADE**
 - **BOULLION OR BROTH**
 - **POPSICLES**
 - **JELL-O (NO RED)**
 - **ENSURE (LIMIT 2)**
3. 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 through the day. They will become very watery. The bowels are clear or clean when there is only pale yellow fluid without flecks of stool.

4:00pm	<p>Take the Dulcolax tablets with a drink of clear liquids.</p> <p>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.</p>
7:00pm	<p>Start to drink the Miralax. Drink one glass every 10 to 15 minutes. Drink it quickly rather than sipping small amounts because it does not taste that good. Finish drinking the liquid in 2 hours. Be sure to drink ALL of the liquid.</p>

The morning of the colonoscopy:

1. Do not eat or drink anything 4 hours prior to your test.
2. If you are to take your morning medicines, take with small sips of water only

Your procedure may be cancelled if you drink anything 4 hours prior to your procedure. If you have any further questions please call 407-830-8661 ext . 120 for the nurses extension.

