

## Dulcolax/Miralax Bowel Prep

*Please read directions carefully as inadequate preparation could result in repeat procedures, reduced ability to detect polyps or possibly having to reschedule your procedure.*

### SUPPLIES YOU NEED TO PURCHASE:

These items DO NOT require a prescription and can be purchased at any pharmacy and most grocery stores.

- Two 8.3 ounce bottles of Miralax (Generic or Store Brand is OK)
- Four Dulcolax/Laxative tablets (Generic or Store Brand is OK)
- Two 32 ounce bottles of Gatorade or PowerAde (**NO RED, BLUE OR PURPLE**), or 64 ounces of clear liquid of your choice.

### THE DAY BEFORE YOUR COLONOSCOPY:

**DRINK ONLY CLEAR LIQUIDS ALL DAY. NO SOLID FOOD.**

It is important to prepare your body with plenty of clear liquids before the prep. The explanation of a clear liquid diet is anything you can see through if held up to a light.

**The following clear liquids are approved for you to drink in preparation for your upcoming procedure:**

- Water, black coffee or tea (*no cream or artificial cream*)
- Strained fruit juices WITHOUT pulp (for example: apple, white grape)
- Clear broth or bouillon (for example: chicken or beef or vegetable broth)
- Carbonated or noncarbonated CLEAR soft drinks (for example: Sprite, ginger ale)
- Gatorade, Kool-Aid or lemonade with no pulp (**NO RED, BLUE OR PURPLE**)
- Plain Jell-O (without fruit or toppings) (**NO RED, BLUE OR PURPLE**)
- Popsicles (**NO RED, BLUE OR PURPLE**)
- **NO DAIRY PRODUCTS**

### START THE PROCESS BELOW AT NOON:

1. **At Noon (the day before your colonoscopy)**, take the 4 Dulcolax tablets
2. Add one bottle of Miralax to each 32 ounce bottle of Gatorade/Powerade and refrigerate
3. **First dose: Beginning at 6:00 PM**, start drinking one of the 32 ounce bottles of the previously mixed solutions, making sure to finish the entire 32 ounce bottle within 1-2 hours  
**DO NOT have anything by mouth after midnight EXCEPT the 2nd dose of prep solution.**
4. **Second dose: Beginning at 4:00 AM, the morning of your procedure**, begin drinking the second 32 ounce bottle of the previously mixed solution, making sure to finish the entire 32 ounce bottle within 1-2 hours.

**Note:** Individual responses to laxatives vary. This prep should cause multiple bowel movements. It often works within 30 minutes but may take up to 3 hours. Please remain within easy reach of a toilet.

If you are diabetic, you may need to adjust your medications when undergoing the above preparations. Please contact the doctor who has prescribed your diabetic medication and ask if adjustments are needed.

*If you have questions prior to your procedure, please call Erlanger Gastroenterology at 423-778-4830.*