

Miralax/Dulcolax: Bowel Preparation Instructions

Shopping List (these products can be purchased without a prescription):

- 4 (four) Dulcolax (bisacodyl) 5mg tablets.
- 1 (one) Bottle of Miralax powder (238 grams)
- 2 (two) 32oz. bottles of electrolyte replacement solution such as Gatorade, Pedialyte, Powerade or Propel (**no Red or Purple**). Diabetics should choose a sugar free variety.

**Day Before Procedure
Start Clear Liquid Diet**



**Day Before Procedure
Between 12pm and 2pm
Take Dulcolax Tablets**



**Evening Before
Procedure
Take First Dose of
Prep Solution at 5 PM**



**8 Hours Prior to
Procedure
Take Second Dose of
Prep Solution**



**6 Hours Prior to
Procedure
Stop Drinking**

One day before your colonoscopy: Start a clear liquid diet.

No solid food starting when you wake up the day before your procedure. You may have **clear liquids only** on the day before the procedure.

Between 12pm and 2pm on the day before your colonoscopy: Take the 4 (four) Dulcolax tablets.

At 5 PM on the day before your colonoscopy: Take your first dose of Miralax.

- Step 1: Add half of the Miralax powder to 1 (one) 32 ounce bottle of electrolyte solution and mix/stir.
- Step 2: Drink **ALL** 32 ounces of the solution over the next hour by drinking one glass approximately every 15 minutes.
- Step 3: After completing the solution, you should continue with clear liquids of your choice between prep doses.

Eight hours prior to your colonoscopy: Take your second dose of Miralax.

- Repeat steps 1 through 3. You must start your second dose at least (8) eight hours prior to your procedure time.

Six hours prior to your colonoscopy: Stop drinking and have nothing more by mouth.

**IF YOU DO NOT STOP DRINKING (6) SIX HOURS
BEFORE YOUR PROCEDURE, YOUR PROCEDURE MAY BE
CANCELLED.**