

## Colonoscopy Miralax with Dulcolax Laxative Preparation Instructions

### READ IMMEDIATELY

Purchase **two (2) 32 oz** bottles of **Gatorade** (*no substitutes*) and not red in color. If diabetic, use G-2 series or Gatorade Zero. From a pharmacy purchase **eight (8) 5 mg Dulcolax Laxative** (bisacodyl) tablets and one (1) **238 gm** bottle of **Miralax**.  
**NOTE:** Do **not** follow instructions on the Miralax bottle. Follow the instructions below.

For **four (4) days** prior to your procedure **avoid** salads, raw fruits & vegetable, nuts and seeds.

If you are a **DIABETIC** or on **blood thinners** (e.g. Coumadin, Plavix), contact our office for specific instructions. If you take aspirin, you may continue to take it. **Stop iron supplements** at least 5 days before the procedure. Take all other medications as usual, including *blood pressure* medications.

### DAY BEFORE PROCEDURE

**CLEAR LIQUIDS ONLY!** No solid food is allowed until after your procedure is completed. You may take your medications. Examples of clear liquids: water, carbonated beverages, strained fruit juices, coffee, tea, broth, bouillon, gelatin.  
**Nothing red in color.** No milk products, alcoholic beverages, hard candy or gum.

At **3:00 pm** take four (4) Dulcolax Laxative (bisacodyl) tablets.

At **5:00 pm** mix ½ bottle of Miralax in one (1) 32 oz Gatorade bottle and begin drinking the Gatorade/Miralax solution, 8 oz every 15 minutes until bottle is empty.

Drink 6-8 glasses of water before starting your next Gatorade/Miralax solution tomorrow.

### DAY OF PROCEDURE

**Five (5) to Six (6) hours** prior to your scheduled procedure, take four (4) Dulcolax Laxative (bisacodyl) tablets. Mix ½ bottle of Miralax in one (1) 32 oz Gatorade bottle and begin drinking the Gatorade/Miralax solution, 8 oz every 15 minutes until bottle is empty.

**If you feel nauseous or bloated, you may stop drinking the solution. Drink some clear broth or tea and wait for the feeling to pass. Then begin drinking the solution again. YOU MUST DRINK THE WHOLE BOTTLE!!**

**IMPORTANT:** The Gatorade/Miralax solution must be finished **4 hours** prior to your scheduled procedure and then nothing more to eat or drink before your procedure.

\*\*\*\*\* Any questions please call (585) 720-1550. \*\*\*\*\*