



Miralax and Dulcolax Colonoscopy Preparation Instructions

Items to Purchase

- Three Dulcolax (Bisacodyl) 5mg oral laxative tablets
- One 238-gram bottle of Miralax powder (polyethylene glycol 3350)
- One 119-gram bottle of Miralax powder (polyethylene glycol 3350)
- Your choice of one of the following clear fluids (NO RED):
 - Option 1: Hydralyte drink mix with 96 ounces of water (view hydralyte.com/where-to-buy for retailers)
 - Option 2: 96 ounces of Gatorade or Powerade
 - Option 3: Crystal Light powdered drink mix with 96 ounces of water
 - Option 4: 96 ounces of Propel or Vitamin Water
 - Option 5: 96 ounces of Apple or White Grape Juice

3 Days Before Procedure

- ✓ Avoid high-fiber foods, whole grains, nuts, seeds, popcorn, raw or dried fruits and vegetables, salads, etc.

Day Before Procedure Beginning at 12:01 AM

- ✓ For the entire day before your procedure, you should have **NO SOLID FOOD**. You should begin a clear liquid diet.
 - Clear liquids may include water, soft drinks, coffee or tea without cream, popsicles, broth/bouillon, Jell-O, non-pulpy juice, etc.
 - **DO NOT** drink anything **red** in color OR **dairy** products.
- ✓ Mix **both** bottles of the Miralax powder (totaling 357 grams) into the drink solution until dissolved. Chill in the refrigerator.
- ✓ **3:00 pm**: Take two Dulcolax 5mg tablets with water.
- ✓ **5:00 pm**: Begin drinking Miralax solution. Take nine 8-oz cups of Miralax over the next 2-3 hours.
 - If you become nauseated, stop for 45 minutes then resume. Do not try to drink the solution too quickly.
 - If you become chilled, try drinking the solution at room temperature or you may drink heated broth, tea, or coffee.

Day of Procedure

- ✓ Continue a clear liquid diet.
- ✓ **6 hours prior to arrival time**: Take one Dulcolax 5mg oral tablet and drink the remainder of the Miralax solution over the next two hours.
- ✓ **4 hours prior to arrival time**: Take any necessary medications. You should be finished drinking the Miralax solution.
- ✓ **ABSOLUTELY NOTHING ELSE BY MOUTH AFTER THIS TIME!** (This includes water.)