



Preparation #3 – Miralax/Dulcolax Bowel Prep

A bowel prep is done to clear the bowel of all solid matter for the purpose of surgery or a procedure. Please follow these instructions.

You may not take blood thinners or aspirin for a week prior to your procedure. Please tell your doctor if you are taking any of these medicines. You may take all of your regular medicines in the morning before your procedure with a small sip of water. The exception to this is insulin or other medicine to lower your blood sugar. Discuss with your doctor about what diabetes medicines you should take the morning of the procedure. **DO NOT EAT OR DRINK ANYTHING** starting 8 hours prior to your procedure.

Purchase:

- Miralax in large bottle (8.3oz or 238gm)
- Four Dulcolax or bisacodyl tablets (5mg each)
- Large 64oz bottle of sports drink (Gatorade/G-2/Powerade, etc.). If you have diabetes, you should buy a low or no calorie beverage such as G-2 or Crystal Light instead. This will be used to mix with the Miralax the day before your procedure.
- Calmoseptine or Desitin to protect the anal skin during the bowel prep.

Two days before your procedure:

You may have a normal breakfast. Then start drinking only clear liquids by noon. You will continue the clear liquids until your procedure is completed.

Clear liquids include:

- Water
- Strained fruit juices
- Popsicles
- Ice
- Soft Drinks
- Gatorade/G-2/Powerade
- Clear broth or bouillon
- Jello
- Koolaid
- Coffee or tea without cream/milk

Avoid red and purple liquids during prep.

The day before your procedure:

Continue clear liquid diet. Follow the schedule below:

- At 2pm – Take 4 Dulcolax tablets with clear liquids.
- At 4pm – Mix the Miralax and 64oz of the sports drink or clear liquid of your choice. This will be better tolerated by some people if it is chilled.
- At 6pm – Drink the Miralax. Drink one glass every 15 minutes until this is gone. It is best to apply the Calmoseptine or Desitin prior to the loose stools which will result. Finish drinking the entire 64oz in 2 hours.

Do not eat or drink anything 8 hours before your procedure.

During your bowel prep you must continue to drink other clear liquids. I recommend drinking 2-3 liters of water or other non-carbonated, non-caffeinated, non-caloric liquid daily in addition to the prescribed prep. This will minimize problems with dehydration as you are cleansing the bowel.

The morning of your procedure:

- Do not eat or drink anything.
- Take your morning medicines with a small sip of water.
- Bring all medicines you usually take (in original containers) to the hospital with you.
- You will need to have someone drive you home after the test.
- You will need to arrive at least 1 hour prior to your test. The entire stay will be around 3-4 hours. You will be contacted by our office or the hospital to tell you when you need to arrive.