

Miralax/Dulculax Instructions

Polyethylene glycol/ Bisacodyl 5MG

Bowel preparation (cleansing) is necessary to perform an effective colonoscopy. Any Stool remaining in the colon can hide lesions and result in the need for a repeat colonoscopy. It is **CRITICAL that you follow the instructions as directed.

Day Before Colonoscopy - Colon Prep Day

**** NO SOLID FOOD. CLEAR LIQUIDS ALL DAY. NO ALCOHOLIC BEVERAGES**

**** DRINK PLENTY OF CLEAR LIQUIDS ALL DAY**

(MINIMUM OF 8 ounces every 1-2 hours)

Clear Liquid examples: Gatorade, Powerade, Kool-Aid, clear fruit juice (white grape, apple, white cranberry), water, tea, coffee (no added cream or sugar), clear broth or bouillon, popsicles, any kind of soda pop, Jell-O. Avoid dark red, purple or blue colored liquids.

4:00pm - take 4 dulcolax (bisacodyl) tablets

6:00pm - mix Miralax 238gms with 64-ounces of Gatorade until fully dissolved.

Drink one glass (8-ounces) of Miralax/Gatorade solution every 10-15 minutes until gone

**Remain on clear liquids until after your procedure