

## Miralax/Dulcolax 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