

# Dulcolax/Miralax - Gatorade Bowel Prep

## Instructions for Colonoscopy Prep

**\*\*READ INSTRUCTIONS CAREFULLY - AT LEAST 5 DAYS PRIOR TO PROCEDURE\*\***  
**DO NOT EXCEED RECOMMENDED DOSE AS SERIOUS SIDE EFFECTS MAY OCCUR**

In order for the physician to perform a colonoscopy, a bowel prep "clean-out" must be completed at home prior to your procedure. A bowel prep is a combination of a clear liquid diet and oral laxatives. Purchase the following from your local pharmacy (no prescription is needed):

- » One large bottle of Miralax (238 grams or 8.3 ounces)
- » A small box of Dulcolax (laxative) tablets (5 milligram tablets), NOT suppositories. You will use four (4) tablets.
- » Two quarts or 64 ounces of Gatorade (avoid red or purple). If you are diabetic, you may use Powerade Zero.

**NOTE:** Individual responses to laxatives vary. The prep should cause multiple bowel movements. The prep often works within 30 minutes but may take up to 3 hours. **Please remain within easy reach of a toilet.** Multiple bowel movements may irritate the anal area. Clean peri-anal area thoroughly after each and every bowel movement to reduce irritation. A diaper rash ointment maybe used, if desired. However, do not wear ointment to procedure appointment.

»\*\*Blood thinners - Contact Kayla at physician's office regarding prescription blood thinners taken at home.

»If you take narcotics, or suffer from chronic constipation, please take Miralax twice a day for five days prior to procedure.

»Discontinue any fiber supplements and stop eating popcorn, at least five days prior to your procedure.

»Do not take any iron pills for 3 days prior to your procedure.

»It is best to avoid heavy meals. Eat lightly for a few days before your exam. It makes clean-out easier and more effective.

### DAY BEFORE COLONOSCOPY - Clear Liquids Only

- 1) Drink ONLY "clear liquids" for breakfast, lunch and dinner. A "clear liquid" is anything that you can see through after it has been sitting at room temperature. **SOLID FOOD, MILK, MILK PRODUCTS ARE NOT ALLOWED UNTIL AFTER YOUR PROCEDURE.** (Consume at least 2 liters of clear liquids this day)

#### Examples of "CLEAR LIQUIDS" Include:

- |   |                                     |
|---|-------------------------------------|
| » Slush, Icee, popsicle (no red colors)                             | » Water                             |
| » Clear broth, bouillon or clear soup (no noodles)                  | » Coffee, tea (no creamer or milk)  |
| » Gatorade, Kool-Aid, other fruit flavored drinks (no reds)         | » Carbonated & non-carbonated sodas |
| » Strained fruit juices without pulp (apple, white grape, lemonade) | » <u>Clear</u> Ensure               |
| » Plain jello (no reds) without fruit or toppings                   | » Ice                               |

- 2) Take usual home medications. **Follow directions from physician's office regarding prescription blood thinners.**

- 3) Take 2 Dulcolax laxative tablets at noon with a clear liquid lunch.

- 4) At 4:00 PM, mix the entire 238-gram bottle (8.3 oz) of Miralax with two quarts (64 oz.) of Gatorade in a large pitcher.

Stir well. Be sure to stir the solution until the Miralax is completely dissolved. Add ice.

- 5) Drink 8 ounces of the solution every 10 - 15 minutes until the solution is entirely gone.

If you feel nauseated, stop until nausea passes. Resume drinking the solution as soon as possible. It's important to drink all of the solution within 4 hours.

- 6) At 8:00 PM, take 2 Dulcolax laxative tablets.

- 7) Continue drinking clear liquids until bedtime.

- 8) Diabetics may need to adjust their medications this day. Ask your prescribing physician.



### DAY OF EXAMINATION - Clear Liquids Only

»No breakfast or food of any kind. You may have clear liquids up until 3 hours prior to leaving for your appointment.

»**After this time period, you may NOT have anything by mouth.**

- » Take heart and blood pressure medications as normal (do not take diuretics)
- » Do **NOT** take diabetic medications.
- » Arrive at scheduled time. The average length of stay is approximately 2 hours.

**NOTE:** The laxative prep is intended to evacuate your entire colon. Ideally, your bowel movements prior to leaving for your procedure should be fairly clear. You should be able to see the bottom of the toilet. Mucous, sediment and color tint are normal. If your bowel movements are dark or have substance, please give yourself one or two Fleets® enemas or call office for additional instructions.