



Miralax/Dulcolax Bowel Prep

Take this prep if you are scheduled for a colonoscopy between 8 AM and noon

Northwestern Associates in Surgery

1 Crest Road
St. Albans, VT 05478
Phone (802) 524-8974
Fax (802) 524-8970

Appointment Location: NMC Surgical Services

Miralax and Dulcolax Bowel Prep for Colonoscopy – Morning Procedures Prep

Bowel prep is done to prepare the bowel for surgery or a procedure. Its purpose is to clear out the bowel of all solid matter. Review these instructions now and again at 1 week and 2 days before your procedure.

To prepare for your test you will need the following items from the pharmacy (no prescription from your doctor is needed):

- **Miralax** (8.3 ounces or 238 gram) Large Bottle
- **Gatorade** (64 ounce bottle) * If you are Diabetic please purchase the low calorie G2 Gatorade product.
- **Dulcolax/Bisacodyl** (1 small bottle) Laxative tablets

*There may be store brands of these products that cost less. Ask the pharmacist to help you find the items you need.

Your doctor has prescribed a clear liquid diet for you. This temporary diet is often prescribed before surgery or medical tests when you need to have your stomach and intestines free of any food. This type of diet may also be prescribed after certain types of surgery or if solid food is not tolerated. The clear liquid diet is easy to digest and helps the body to gradually get used to food again. This diet is temporary. Do not follow this diet longer than directed as it does not provide enough energy or protein for proper nutrition.

The following foods are okay to have when you are on a clear liquid diet:

- Water
- Fruit juices without pulp, such as filtered apple, grape, cranberry juice and pulp free lemonade.
- Fruit punch or fruit drinks with no pulp or pieces
- Hot or cold coffee or tea (do not add milk or cream of any kind)
- Soda (Lemon Lime, Cola, Ginger Ale, Pepsi or Slice)
- Sports drinks
- Clear soup (low sodium and fat free broth or bouillon)

- Plain or flavored gelatin – **NOT RED** (do not add fruit or toppings of any kind)
- Frozen juice bars made from clear juices (no fruit pieces)
- Hard Candies

Avoid the following foods when you are on the above clear liquid diet:

- Any food or drink not on the approved list above
- Absolutely **NO RED JELLO OR GELLATIN**

1 WEEK BEFORE YOUR PROCEDURE:

- Do not eat any corn or popcorn
- Do not take any aspirin products or iron tablets
- Do not take fiber supplements like Metamucil, Citrucel, or Fiberall/Psyllium.
- Review the instructions you were given regarding diabetic medications and blood thinners such as Plavix or Coumadin.

2 DAYS BEFORE YOUR PROCEDURE:

- At 8:00 p.m. or later, take 2 of the Dulcolax Laxative tablets with a tall glass of liquid.

THE DAY BEFORE YOUR PROCEDURE:

- Begin drinking clear liquids for breakfast, lunch, dinner and snacks.
- Solid foods, milk and dairy products, and juices with pulp are not allowed.
- Diabetics may use both regular diet liquids. Be sure to check blood sugar levels and call office with any concerns (high or low readings).
- Pour the entire 8.3 ounce bottle of Miralax Powder into the 64 ounce bottle of Gatorade or G2 and mix well. Refrigerate.
- **Starting at 4:00 p.m.** – Drink ½ of the Miralax/Gatorade mixture. Follow with 4 more cups of clear liquid.
- **Starting at 7:00 p.m.** - Drink the rest of the Miralax/Gatorade mixture. Follow with 4 more cups of clear liquid.

THE MORNING OF YOUR COLONOSCOPY PROCEDURE:

- Do not eat any solid food. You may drink clear liquids until 3 hours before your procedure.
- Take your morning medicines as directed (if you are within 3 hours of the start of your procedure, only take small sips of water).
- Please remove all jewelry before arriving at Surgical Services. Try to leave all valuables at home.
- You will need to have someone with you to take you home after the procedure. You will not be able to drive so you will not be able to leave by yourself because of a medication you are given during your test. You will be unable to drive, drink alcohol or make any important decisions again until the day after your procedure.
- Expect to be here for 2-3 hours for your test and recovery time.

If you have any questions please call our office 802-524-8974

If you become ill or will not be able to attend your procedure for any reason, please call the office within 24-48 hours of your scheduled procedure date.