



Colonoscopy Preparation Instructions Miralax/Dulcolax/Gatorade Bowel Preparation

Before your procedure	The day before your procedure	The day of your procedure
<p>Purchase:</p> <ul style="list-style-type: none"> ▪ Four (4), 5mg Dulcolax (Bisacodyl) tablets over the counter. They MUST be the laxative type, NOT the stool softener type ▪ A 238 gram bottle of Miralax (generic name: polyethylene glycol), over the counter ▪ 64 ounce Gatorade or Powerade etc. (Excluding colors red or purple) ▪ Clear liquids of your choice. This is anything you can see through, however NO red or purple liquids <p>No prescription is required for the above medications; they can be purchased over the counter</p> <p>Examples of what NOT to drink are: coffee with cream, milk, orange juice etc. If you cannot see through it when held up to light, DO NOT drink</p> <p>Discuss which medications with the surgical staff you may continue during the bowel preparation process</p> <p>Arrange your ride. You will not be allowed to drive yourself home. No public transportation home unless accompanied by a responsible adult. You are not allowed to walk home</p> <p>If unable to keep your scheduled appointment/procedure or if you have questions, please call 509-488-2636, please leave a message if no answer. For urgent needs outside of business hours, please call 509-488-2636 and ask for the charge nurse.</p>	<p>You will need to be on a clear liquid diet all day. This is anything you can see through.</p> <p>Bowel prep:</p> <ul style="list-style-type: none"> ▪ 4:00pm – Take 2 Dulcolax (Bisacodyl) tablets and stop your clear liquids. ▪ 6:00pm – Mix the 238 grams of Miralax into Gatorade/Powerade and mix/shake until powder is dissolved – you may refrigerate this ▪ Drink 8oz (1 cup) every 15-20 minutes until Gatorade is gone ▪ If vomiting occurs – wait 30 minutes, then begin drinking solution in 6oz portions every 15 minutes. ▪ To ensure complete bowel preparation, you must consume all 64 ounces. ▪ Drinking the Gatorade/Powerade + Miralax solution should take roughly 2-3 hours. ▪ One (1) hour after finishing the Gatorade/Powerade + Miralax solution, take 2 Dulcolax (Bisacodyl) tablets. ▪ Now, may you continue to drink clear liquids up until midnight. No solid foods. <p>You will begin to have diarrhea (this may take several hours to start) and your stool should eventually become watery clear/yellow/green</p>	<p>DO NOT eat anything – including gum and mints</p> <p>You may take a few small sips of water up to two hours before your procedure. Do not exceed four ounces.</p> <p>Take approved medications with small sips of water</p> <p>All females, ages 10-55 will require a urine pregnancy test. This will be collected during the admission process. Those who have had a hysterectomy are excluded.</p>