



Colonoscopy Prep Instructions – Dulcolax & MiraLAX Morning Procedure

1. You will need to purchase the following items from your pharmacy, WalMart, or Target.
 - 1 MiraLAX 238 gram (14 once daily doses) bottles
 - 1 box of Dulcolax Laxative tablets.
 - 1 64 ounce bottle of Gatorade
2. You will need to hold iron pills and multi vitamins 5 days prior to the procedure.
3. You will need to hold blood thinners 3 days prior the procedure (Aspirin, Coumadin, Plavix or Eliquis), also fish oil.
4. Absolutely NO INSULIN or DIABETIC MEDICATIONS the night before or the day of the procedure.

PREP DAY – THE DAY BEFORE YOUR PROCEDURE:

1. Nothing to eat for breakfast, lunch and dinner.
2. Follow a clear liquid diet. You may drink water, coffee without milk or creamer, tea, soda, popsicles, Jell-O, PowerAde, Gatorade, or broth. **DO NOT EAT OR DRINK ANYTHING WITH RED OR PURPLE COLORING.**
3. In the morning mix the bottle of 238 grams of MiraLAX with 64oz (30 ml) of water or Gatorade and refrigerate.
4. At 3:00pm take 4 tablets of Dulcolax.
5. From 6:00pm to 8:00pm drink 238 grams of MiraLAX mix with 64oz (30ml) of water or Gatorade that you premixed in the morning.
6. If you experience vomiting and cannot keep the bowel prep down, STOP the prep for 30 minutes and then retry it slowly.
7. If you experience severe abdominal pain, STOP the prep and call our office, if no response go to the ER.

THE DAY OF THE PROCEDURE:

1. Medications you can take: blood pressure or heart medication, breathing, asthma, or seizures take with enough water to swallow pills. Beyond that, you should not eat or drink ANYTHING.