



# Hampton Roads Gastroenterology

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## MiraLax/Dulcolax OTC Bowel Prep for Colonoscopy

- Items Needed (purchased over the counter at any pharmacy)
  - TWO 119 gram bottles of **MiraLax** (or ONE 238 gram bottle)
  - TWO 1 liter (32 oz.) bottles of yellow **Gatorade**, Ginger Ale, Lemonade, Sprite, or water
    - Diabetics should use Sugar Free option
  - TWO **Dulcolax laxative** 5 mg (bisacodyl) tablets



- **If you have any problems with your prep, please call the office at 826-3434.**

For the 3 days prior to your procedure: Avoid greens, vegetables, leafy foods, corn, seeds, & fruits with seeds

### On the day before the procedure:

1. You may only have CLEAR LIQUIDS. Try to drink something every hour that you are awake.  
**You may have:** apple juice, white grape juice, Jell-O (ONLY green or yellow), popsicles (ONLY green or yellow), 7-UP, Sprite, Ginger Ale, weak tea, CLEAR broths (with no food in it), and bouillon cubes.  
**You MAY NOT have:** orange juice, coffee, Coke, Pepsi, solid foods, milk, any broths with bits of food or highly seasoned broths, or alcoholic beverages.
2. If you are *extremely* hungry, you may have a cup of blended yogurt (no fiber) or a nutrition drink such as Boost or Ensure before 2 PM.
3. Mix ONE 119 gram bottle of MiraLax with ONE 1 liter (32 oz.) bottle of Gatorade or other clean liquid as listed above. Refrigerate the solution after mixing. This can be done 24 hours in advance.
4. At 3 pm, take the TWO Dulcolax (bisacodyl) tablets with an 8 ounce glass of water.
5. Beginning at 4 PM, start drinking the MiraLax/Gatorade mixture. Drink 8 ounces every 15-30 minutes until it is gone. Continue to drink clear liquids.

### On the morning of your procedure:

1. Three hours before your scheduled arrival time, but no later than 7 AM, mix ONE 119 gram bottle of MiraLax with ONE 1 liter (32 oz.) bottle of Gatorade. Drink 8 ounces every 15-30 minutes until it is gone.
2. **STOP DRINKING ALL LIQUIDS AFTER COMPLETING YOUR PREP. YOU MAY NOT EAT ANY FOOD ON THE DAY OF YOUR PROCEDURE. IF YOUR PROCEDURE IS IN THE AFTERNOON, YOU MAY DRINK CLEAR LIQUIDS UP UNTIL THREE HOURS BEFORE YOUR PROCEDURE TIME.**
3. Your bowel movements should be CLEAR (able to see bottom of toilet) BEFORE you arrive at the office for your procedure. If you bowel moments are still brown and/or solid, call the office immediately.

**You must have a driver for your procedure; you will be sedated and not allowed to drive yourself. You may not take a taxi or bus home from the procedure. If you arrive without a driver, you may be charged a \$150 fee.**