

## **Colonoscopy Bowel Preparation Instructions for 2 Days Prior to Procedure (14 M) MiraLAX®**

**PLEASE READ ALL INSTRUCTIONS ON THE DAY YOU  
RECEIVE THEM**

### **Bowel Prep and Clear Liquids Shopping List**

These medications are all available over the counter without a prescription.

- **MiraLax®** 238-gram bottle (Enough for 14 doses). Other names are Glycolax® or Polyethylene Glycol 3350 - these are identical to MiraLax®.
- **Bisacodyl** laxative tablets (common brand name is Dulcolax®) – 4 tablets each day (8) will be needed.
- **TWO (2) 28 oz bottles of Gatorade® (NO RED or PURPLE drinks)**. Patients who do not like Gatorade® or have diabetes should use G2® (low sugar), Gatorade Zero®, POWERADE Zero® or Pedialyte®.
- OPTIONAL - **Simethicone** 80mg or 125mg (common brand name is Gas-X®) to use if needed for bloating symptoms.
- OPTIONAL - a **petroleum-based ointment product** or diaper rash ointment for potential irritation from frequent bowel movements.

### **2 DAYS BEFORE PROCEDURE**

- No solid food
- May have full liquids (e. g. ice cream, strained cream soups, milk, yogurt, sherbet, milkshakes, custard, pudding)
- Drink plenty of fluids throughout the day to avoid dehydration including water, clear fruit juices, white grape juice, apple juice, Kool-Aid®, POWERADE®, clear soup broth or bouillon, popsicles, coffee (no cream), tea, hard candy/jelly beans, soda pop (7-Up®, Sprite®, regular or diet Pepsi® and Coke®, ginger ale, orange soda), Jell-O® (without fruit or other additions).
- **NO ALCOHOL**
- **NO RED/PURPLE colored drinks, popsicles, or Jell-O®**

- **STEP ONE: Mix 7 capfuls of Miralax<sup>®</sup> into each 28-ounce Gatorade<sup>®</sup> bottle until dissolved.**
- **STEP TWO: At approximately 4 pm, take 4 Dulcolax<sup>®</sup> laxative tablets with water.**
- **STEP THREE: At approximately 6 pm begin drinking the first bottle of the Miralax<sup>®</sup> /Gatorade<sup>®</sup> solution.**
- **STEP FOUR: Drink the second Miralax<sup>®</sup>/Gatorade<sup>®</sup> bottle before bedtime.**