

# WESTSIDE GASTROENTEROLOGY

## CONSULTANTS

### 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) 32 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 into each 32-ounce Gatorade Bottle until dissolved.**
- **STEP TWO: At approximately 4pm, take 4 Dulcolax laxative tablets with water.**
- **STEP THREE: At approximately 6pm begin drinking the first bottle of the Miralax /Gatorade solution.**
- **STEP FOUR: Drink the second Miralax/Gatorade bottle before bedtime.**