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## Miralax Bowel Prep for Afternoon Colonoscopy

**Five days prior** to your colonoscopy, stop taking all aspirin, ibuprofen, blood thinners, arthritis medications, multi-vitamins, and iron pills. Do not stop your other medications. You are responsible for checking with your primary care physician or cardiologist to make sure it is okay to stop your blood thinner (s). If you have any questions or concerns, please schedule an office consultation prior to your procedure.

### Purchase these items over the counter:

- Miralax (8.3 ounces or 238 grams)
  - 4 Dulcolax or bisacodyl tablets (5 milligrams tablets)
  - 64 ounce bottle of Gatorade or Powerade (except red or purple)
- If you are diabetic, instead of Gatorade, buy a low or zero calorie drink such as Crystal Light.*
- Unscented wipes and Desitin or Vaseline.

### The Day before Your Procedure:

1. The day before your procedure, **drink only clear liquids all day** (please see "Clear Liquid Diet").  
Do not eat any solid foods or milk products.
2. Drink plenty of clear liquids all day.
3. Follow the schedule below for your bowel prep. You will have many bowel movements throughout the day. They will become very watery. The bowels are clean when you can see to the bottom of the toilet and pale yellow.
4. **At 4:00 pm** take 4 Dulcolax tablets by mouth.
5. Mix all 8.3 oz. of the Miralax into the 64 oz. bottle of Gatorade. Shake the bottle to dissolve the powder. You may place the mixture in the refrigerator to chill.
6. **At 6:00 pm** begin drinking the Miralax. Drink one 8 oz. glass every 10-15 minutes. Drink it quickly rather than sipping small amounts. Finish drinking all of the liquid in 2 hours. Apply Desitin or Vaseline to the rectal area to prevent soreness.
7. Nothing to eat or drink after midnight except for the morning prep and your medications with a sip of water.

### The Day of Your Colonoscopy:

**At 6:00 am** Take 4 Dulcolax tablets by mouth along with 2-3 (8 oz.) glasses of water.

- You may take heart or blood pressure medication with sips of water.
- For diabetics, no insulin or oral diabetes medications the morning of the procedure. Take only a half dose the day before.
- Bring a list of medications you are presently taking.
- The center entrance is located between the Surgery Center and the Emergency Care Center.
- You will need a family member or friend to accompany you, and drive you home. Your driver must remain at the center during your visit. No taxis or buses will be permitted without a responsible adult to accompany you home.
- Expect to be at the center for 2-3 hours for your test and recovery time.