

## **Colonoscopy with Dulcolax-Miralax Split Bowel Prep**

### Preparations for the test at home:

You will need to buy the following items which are over the counter:

- FOUR Dulcolax laxative tablets
- ONE 238 gram bottle of Miralax
- ONE 64oz. of Gatorade, Propel Water, apple juice, white grape juice, iced tea, Crystal Light Lemonade or clear liquid of your choice

Two (2) days before the procedure: Avoid high residue foods, ie: fruits (fresh/dried), vegetables, seeds, nuts.

One (1) day before the procedure: Have a complete clear liquid diet the entire day before the test. This includes Gatorade, Propel Water, apple juice, white grape juice, iced tea, Crystal Light Lemonade, clear broth, strained fruit juices, coffee, tea, carbonated beverages, water, jello, or ice pops.

Do NOT have any DAIRY products, ANYTHING RED or ANY SOLIDS.

\*At 6:00pm (the evening before your procedure), mix the 238 gram bottle of Miralax in 64oz of CLEAR fluid. Shake until the powder is completely dissolved. Drink an 8oz glass every 15 minutes until half the bottle is consumed. You should continue to drink clear liquids to help flush things out. A good sign that the preparation has been effective is the transition to clear, watery bowel movements.

\*At 9:00pm, take 4 Dulcolax tablets, followed by 8 oz. of clear liquids

\*\*Do Not Have Anything by Mouth After Midnight, aside from finishing A.M prep\*\*

Day of colonoscopy: \*4-6 hours before your scheduled arrival time, drink the remainder of Miralax every 15 minutes until complete. Take all blood pressure and cardiac medications the morning of your procedure, unless instructed otherwise by M.D. Hold any other medications the day of the procedure, unless instructed otherwise by M.D.

Hold Aspirin/NSAIDS (Ibuprofen, Motrin, and Aleve) Vitamin E 5-7 days before the procedure unless otherwise indicated by your M.D. or nurse. Tylenol is ok to take.

Notify the Doctor/Nurse if you:

- Are Diabetic
- Have Seizure Disorder (Please take anti-seizure medications the AM of the test)
- Take Blood Thinners (Coumadin, Plavix); (speak with your MD about medication regimen)
- Have Latex Allergy
- Have an Allergy to Demerol or Valium
- Have an allergy to Novocain
- Have a pacemaker/defibrillator

Helpful Tips:

- Consider drinking the prep through a straw and chilling the bottle. It may improve tolerance
- Use baby wipes instead of toilet paper. Have some Vaseline or Desitin on hand for a sore bottom
- The prep may start working from 30 minutes to 3 hours. Please remain close to a toilet