

BOWEL PREP INSTRUCTIONS

PURCHASE OVER THE COUNTER:

TWO (2) DULCOLAX TABLETS

ONE (1) 238 GRAM BOTTLE OF MIRALAX

ONE (1) 64 OUNCE BOTTLE OF GATORADE (NO RED OR PURPLE)

****DO NOT EXCEED THE RECOMMENDED DOSAGE GIVEN IN THESE INSTRUCTIONS, AS SERIOUS SIDE EFFECTS MAY OCCUR****

DAY PRIOR TO PROCEDURE:

Drink only clear liquids for breakfast, lunch and dinner. Solid foods, milk, or milk products are not allowed. Clear liquids include all of the following: strained fruit juices without pulp (apple, white grape, lemonade), carbonated and non-carbonated soft drinks, flavored fruit drinks, plain Jell-O (without added fruit or toppings), ice, popsicles, clear broth, black coffee without cream, tea.

PREP SCHEDULE:

***Breakfast – clear liquids only**

***Lunch – clear liquids only**

***Dinner – clear liquids only**

Sometime between 12 noon & 6:00 p.m. – TAKE THE 2 DULCOLAX TABLETS.

(Please keep in mind that the cleansing process will take 4-8 hours or longer, so plan your schedule accordingly)

TWO HOURS AFTER TAKING THE DULCOLAX TABLETS, MIX THE 238 GRAM BOTTLE OF MIRALAX WITH THE 64 OUNCES OF GATORADE. SHAKE UNTIL THE MIRALAX IS DISSOLVED. DRINK 8 OUNCES OF THE MIXTURE EVERY 15-30 MINUTES UNTIL THE ENTIRE MIXTURE IS GONE. (IF YOU BECOME NAUSEATED, STOP AND RESTART IN ABOUT 1 HOUR)

You may continue to have clear liquids until midnight. AFTER MIDNIGHT, NOTHING TO EAT OR DRINK. It is very important that the liquid stools be clear, or else the doctor will not be able to see the walls of your colon, where abnormalities may be hidden.