



**PATIENT
EDUCATION**

Bowel Preparation Instructions: Two (2) Day Dulcolax/Magnesium Citrate/Miralax

It is very important to follow all the instructions to prepare for your procedure. Your colon must be empty, so the provider can see during the procedure. Many patients feel that the bowel preparation is the hardest part of the procedure.

Preparing for the procedure

- The day before your procedure, you will need to start preparing your colon.
- Do not eat any solid foods the entire day before.
- You will be using a Miralax bowel preparation to clean out your colon.
- If you have a history of congestive heart failure, cardiomyopathy, or renal failure, you should not take a Miralax bowel preparation and call the provider that prescribed the procedure.
- Please follow all instructions carefully. If you do not follow the directions properly, then your procedure may be canceled.

Items to buy

- To get ready for your test, you will need to buy items for the bowel preparation.
- **No prescription needed:**
 - Eight (8) Bisacodyl/Dulcolax tablets (5mg). Make sure these can be taken by mouth/orally.
 - Miralax (8.3 ounces / 238 grams)
 - One (1) Magnesium Citrate (10-ounce bottle)
 - Gatorade (64 ounces) in any flavor except red or purple.
 - You can buy two 32-ounce bottles of Gatorade

Medication information

Some of the medicines you take may need to be stopped or adjusted temporarily before your procedure.

- **Blood thinners**
 - such as Coumadin (warfarin), Ticlid (ticlopidine hydrochloride), Agrylin (anagrelide), Xarelto (Rivaroxaban), Pradaxa (Dabigatran), Pletal (Cilostazol), Brillinta (Ticagrelor), Eliquis (Apixaban), Effient (Prasugrel), and Plavix (Clopidogrel).
 - You must speak with your prescribing provider or the specialist at least 2 weeks before the scheduled procedure. Do not stop these medications without the consent of your provider.
- **Insulin and diabetes medications**
 - Please call the provider that monitors your glucose levels. Your medications may need to be adjusted due to the diet restrictions required with this bowel preparation. Do not stop these medications without the consent of your provider.
- **Aspirin**
 - You may take your Aspirin as prescribed with a sip of water.

Five (5) days before your procedure

- Do not take medications that will stop diarrhea.
 - Examples: Imodium or Pepto-Bismol.
- Do not take fiber medications or supplements.
 - Examples: Metamucil or Citrucel.
- Do not take any vitamins or supplements.
 - Example: Multi-vitamins or fish oil.

Three (3) days before your procedure

- Begin a low fiber diet. A low fiber diet helps make the cleanout more effective.
- Low fiber examples include:
 - White bread, white rice, pasta, crackers, fish, chicken, eggs, ground beef, creamy peanut butter, cooked/boiled vegetables, canned fruit, bananas, melons, milk, plain yogurt, cheese, salad dressing, and other condiments.
- Do not eat high-fiber foods such as:
 - Popcorn, seeds (flax seeds, sunflower, and quinoa), multigrain breads or pasta, nuts, granola, salads, raw vegetables, or fresh and dried fruits. Limit the amount of meats.

Two (2) days before your procedure

- Increase your water intake.
- Do not eat any solid foods.
- Start your clear liquid diet.
- A clear liquid diet includes:
 - Water, black coffee, or tea (no milk or cream), clear broth or bouillon, Gatorade, carbonated or non-carbonated soft drinks (Coke, Sprite), strained fruit juices without pulp (apple, white grape, white cranberry), Jell-O, and popsicles. **Remember, NO RED OR PURPLE LIQUIDS.**
- At 9 a.m., take four tablets of Bisacodyl/Dulcolax.
- At 6 p.m., drink the entire 10-ounce bottle of Magnesium Citrate.
- You will want to be near a bathroom once you start the bowel preparation. You will have diarrhea and will need to be able to reach a bathroom quickly. Some people may feel nauseous, bloated, or vomit while drinking the bowel preparation.

One (1) day before your procedure

- Continue your clear liquid diet.
- A clear liquid diet includes:
 - Water, black coffee, or tea (no milk or cream), clear broth or bouillon, Gatorade, carbonated or non-carbonated soft drinks (Coke, Sprite), strained fruit juices without pulp (apple, white grape, white cranberry), Jell-O, and popsicles. **Remember, NO RED OR PURPLE LIQUIDS.**
- Do not eat any solid foods.
- At 9 a.m., take four tablets of Bisacodyl/Dulcolax. You will want have access to a bathroom after taking the tablets.
- Mix the Miralax (entire bottle) with 64 ounces of Gatorade until it is all dissolved. You can put the mixture in the refrigerator.
- If you would prefer to drink the prep at room temperature, you may take it out of the fridge at 4 p.m.
- Do not add ice, sugar, or any other flavorings to the bowel preparation
- At 6 p.m., start drinking your Miralax prep mixture. You will drink half (32 ounces) of the prep mixture. Try to drink an eight-ounce glass of the prep mixture every 15 minutes. It will take you one hour to finish drinking it.
- Some people may feel nauseous, bloated, or vomit. If this happens, take a 15-minute break, and then try drinking the prep mixture.

- You will need to be near a bathroom once you start drinking your prep mixture. You will have diarrhea and will need to be able to reach a bathroom quickly.
- Some people may feel nauseous, bloated, or vomit while drinking the bowel preparation.
- After you finish the prep mixture, you may drink clear liquids only.
- Store the remaining 32 ounces of prep mixture in the refrigerator for the next morning.

The day of your procedure

- **Five** hours before your colonoscopy start drinking the remaining 32 ounces of the prep mixture. Try to drink an eight-ounce glass of the prep mixture every 15-minutes until the bowel preparation is finished. It will take you one hour to finish drinking it.
- You will need to be near a bathroom once you start drinking your prep mixture. You will have diarrhea and will need to be able to reach a bathroom quickly.
- Some people may feel nauseous, bloated, or may vomit while drinking the bowel preparation. If this happens, take a 15-minute break, and then try drinking the prep mixture.
- Your stool should be no longer formed, but a clear or yellow liquid.
- You may drink clear liquids until two hours before your check-in time.
- Avoid red or purple liquids, dairy products, protein shakes, alcoholic beverages, chewing tobacco, and illicit drugs. The use of these will result in your procedure being canceled.
- You may take your medications with a sip of water.
- Remember, do not eat any solid foods.
- You may want to allow extra time to travel to your appointment as you may need to stop and use a restroom along the way.

Notes / Other Instructions: