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Bowel Preparation Instructions

Miralax Bowel Preparation

Adequate cleansing of the colon is essential for a high-quality colonoscopy. Following these steps will help you to achieve a thorough cleansing.

Notify the physician performing the colonoscopy before you take the bowel preparation if you have problems with your kidneys, heart disease, diabetes or problems with bleeding or clotting.

Notify the physician performing the colonoscopy if you take blood thinning medications including Coumadin/warfarin, Plavix/clopidogrel, Eliquis/apixaban, Pradaxa/dabigatran, Brillinta/ticagrelor, Pletal/cilostazol or Xarelto/rivaroxaban.

3-5 Days Before the Colonoscopy

Purchase the following medications to take for your bowel preparation

- One bottle of Miralax (238g)
- Two (2) Simethicone (Gas-X) 180 mg tablets
- Two (2) Dulcolax (Bisacodyl) tablets
- One (1) 64 oz bottle of Gatorade (NOT red)

The Day Before the Colonoscopy

It is important to **drink plenty of fluids** throughout the day so that you do not become dehydrated and so that the laxatives will be effective (see instructions on What and What Not to Eat Leading up to Your Colonoscopy)

At **5 pm**: mix all of the 238g bottle of Miralax with a 64 oz bottle of Gatorade (do not use red) in a pitcher. Shake the solution until all of the Miralax is dissolved. Drink one half of the mixture and take one simethicone tablet.

At **6 pm**: Take two Dulcolax (Bisacodyl) tablets along an 8 oz glass of water or clear liquid

On the Day of the Colonoscopy

At _____ am: Drink the second half of the Miralax / Gatorade mixture and take one simethicone tablet

Do Not have anything else by mouth on the day of your procedure except your usual morning medications (unless you were instructed not to take them).