

DIGESTIVE DISEASES SPECIALISTS, P.C

616-942-6230

**MIRALAX BOWEL PREP**

5 days prior CALL OUR OFFICE IF YOU TAKE COUMADIN or other blood thinners, such as: Plavix, Effient, Xarelto, Pradaxa, Eliquis, Brilinta, etc.

**One day before your colonoscopy:**

**Only drink clear liquids the ENTIRE DAY before your colonoscopy.** Clear liquids may include; sprite, apple or white grape juice, chicken broth, Gatorade, Jell-O, coffee, tea, or popsicles, **Do NOT eat any solid foods.**

**The bowel preparation solution will be consumed in two parts.**

Mix 1/2 of MiraLAX bottle (119 grams) in each 32-ounce Gatorade bottle until dissolved. Keep cool in the refrigerator. DO NOT ADD ICE.

**Part 1**

**At 5:00 PM on the evening before your colonoscopy, take four Dulcolax tablets. At 6:00 PM on the evening before your colonoscopy:**

- Drink 32 ounces of the mixed solution by drinking an 8-ounce glass of bowel preparation every 15 minutes for a total of four glasses.
- Fifteen minutes later, drink an 8-ounce glass of clear liquid every 15 minutes for a total of two glasses.
- You may continue to drink clear liquids till midnight.

**Part 2**

**Four and a half hours before your colonoscopy:**

- Take the other 32-ounce bottle of mixed solution and drink an 8-ounce glass of bowel prep every 15 minutes for a total of four glasses.
- Fifteen minutes later, drink an 8-ounce glass of clear liquids every 15 minutes for a total of two glasses.
- You may continue to drink clear liquids up to three hours before your exam.

DATE: \_\_\_\_\_ LOCATION: \_\_\_\_\_