

WHAT YOU WILL NEED TO PURCHASE

Please purchase a (238 gram) bottle of **MIRALAX** powder at your pharmacy and a small box of **DULCOLAX “stimulant” tablets**. Please also purchase a **FLEETS ENEMA**, which may be needed for use the day of the procedure.

BOWEL PREP PROCEDURE

One day prior to the procedure

- 1) Avoid eating any nuts or seeds for 48 hours before the procedure
- 2) Have a light breakfast, such as yogurt
- 3) Start a clear liquid diet after breakfast: coffee (no milk or cream), tea, beef or chicken broth, jello, Gatorade, soda, Italian ice, popsicles, clear fruit juices, clear hard candies, etc. but not anything red in color. Note that sorbets are not considered a clear liquid. **NO FURTHER SOLID FOOD INTAKE UNTIL THE PROCEDURE.**
- 4) If you have trouble with chronic constipation, or have failed achieve a good bowel prep in the past, start the clear liquids diet 36-48 hours in advance and also take an extra dosing of Dulcolax two days before
- 5) Drink plenty of fluids on the day before to stay well hydrated, but NOT on the morning of the procedure (see below).

At 2:00 PM: Take four tablets of DULCOLAX stimulant

At 4:00 PM: Mix the entire bottle of MIRALAX in a 32 ounces of Gatorade, Crystal-Lite, or any clear (non-alcoholic) fluid of your choice (choose what you like). This will form a light slurry. Shake well and refrigerate. If you prefer, you may wish to dilute the solution with more volume of fluid.

5:00 PM – 8:00 PM: Drink 8 ounces of the mix every hour until finished. It may take anywhere from one to six or more hours for the prep to start working. You may have cramps and nausea before the prep starts working. **IF YOUR PROCEDURE IS AT 10 AM OR LATER, WE STRONGLY RECOMMEND THAT YOU DO A “SPLIT DOSING” OF THE MIRALAX AND COMPLETE THE LAST 8 TO 16 OUNCES EARLY THE NEXT MORNING. THIS APPROACH IS USUALLY BETTER TOLERATED AND RESULTS IN A BETTER PREP.**

NOTE: You may shift the timing of the preparation later into the day, but be aware that you may more likely have sleep interrupted by need for urgent trips to the bathroom.

The day of the procedure

- 1) If you do a “split dose” approach, complete drinking the remaining Miralax prep no less than four hours before your procedure time
- 2) It is extremely important that your stomach be completely empty for your procedure. Do not drink anything but the prep (if you do the split dose approach) or clear liquids the morning of the procedure, but **DO NOT DRINK ANY LIQUIDS FOR FOUR HOURS BEFORE YOUR PROCEDURE TIME.**
- 3) You may take your medicines up to two hours before your procedure, but only with a small sip of water

PLEASE NOTE: We expect you will be passing clear or yellowish stool with or without gravel-like residue by the end of your bowel preparation. If so, you will not need to administer a Fleets enema. If you are still passing solid residue, please administer the enema about an hour before you leave home for your procedure. **Call the endoscopy unit ahead of time on the day of the procedure if you believe the preparation has not worked to discuss possible cancellation and avoid the trip to the endoscopy unit.** If you have problems during the prep or wish for more detailed information please review the article “General Information about your Procedure” in the “Patient Forms” tab of our website at www.parkmedical.net

