

# COLONOSCOPY TWO DAY MIRALAX BOWEL PREPARATION



## Purchase the following supplies for your bowel preparation:

1. Eight 5 mg bisacodyl laxative tablets.
2. 8.3 ounces (238 grams) of Miralax or generic equivalent called polyethylene glycol laxative.
3. 64 ounces of clear liquid such as Gatorade, Powerade, Vitamin Water, or Propel. You should refrigerate these the day before use. Diabetics may use the sugar-free versions of these products.
4. One 10 fluid ounce bottle of magnesium citrate.

## Diet:

1. **For 2 entire days prior to your procedure, you can only eat clear liquids.** You cannot eat solid food, soft foods, or dairy products. Clear liquid foods include Gatorade, Powerade, clear broth, Jell-O, popsicles, clear fruit juices, coffee and tea, and clear Ensure. You need to drink lots of liquids throughout the day prior to your bowel preparation to achieve a good result.
2. **Do not eat, drink, or put any substance in your mouth for 4 hours prior to your procedure.** This includes chewing gum, hard candy, and tobacco products. You must complete the last dose of your bowel preparation 4 hours before your procedure.
3. **You should not eat nuts, seeds, or fiber supplements for 1 week prior to your procedure.**
4. **Eat a low-fiber diet for 1 week prior to your procedure.**
5. **Stop iron supplements 1 week prior to your procedure.**

## Bowel preparation instructions:

### **2 days before procedure:**

1. **Clear liquid diet** entire day.
2. **5:00 pm** – Take 4 Dulcolax tablets.
3. **7:00 pm** – Drink an entire bottle of magnesium citrate.

### **1 day before procedure**

1. **Clear liquid diet** entire day.
2. Mix the Miralax into 64 ounces of clear liquid.
3. **3:00 pm** – Take 4 Dulcolax tablets.
4. **5:00 pm** – Drink the first 32 ounces of the Miralax mixture. Try to drink 8 ounces every 15 minutes. If you are getting nauseated, you may drink this more slowly.

### **The morning of your procedure**

1. Drink the second 32 ounces of the Miralax mixture. You need to **finish this at least 4 hours before** your procedure.
2. **Do not eat, drink, or put any substance in your mouth for 4 hours prior to your procedure.** This includes chewing gum, hard candy, and tobacco products.
3. **If you do not have any results after the first dose of the Miralax, please contact the physician on call by calling our office number (330) 926-3313.**