

## **Colonoscopy Preparation MIRALAX and DUCOLAX Protocol**

### **ONE WEEK BEFORE YOUR PROCEDURE**

- Avoid nuts, seeds and whole grain breads.
- Make sure to read all of your instructions, and refresh your memory about how your doctor recommended you take your medications such as blood thinners, diabetes medications etc.
- You will need to obtain a 238 gram bottle of Miralax and 4 Dulcolax (bisacodyl) 5mg tablets. (These can be purchased without a prescription at your local pharmacy)
- Purchase 2 bottles (32oz) of gatorade, crystal light, lemonade, water or iced tea (any flavor) except the ones that are colored red or purple).
- Stop aspirin, and anti-inflammatory drugs (ibuprofen, advil, aleve, diclofenac, Celebrex, motrin), vitamin E one week prior to exam. Tylenol is OK to take.
- If you are taking Coumadin, Plavix, Aggrenox, or other blood thinners make sure your physician is aware and stop as directed.

### **DAY BEFORE YOUR PROCEDURE**

- It is okay to have a low fiber breakfast such as piece of toast. Hardboiled egg, low fat yogurt. (Avoid cereals, fruit/vegetables)
- NO solid food after 10am
- Continue to drink plenty clear liquids (nothing red or purple) between 10am and 2 hours prior to procedure such as: water, fruit juices (apple, white grape, white cranberry, lemonade), clear broth or bouillon, ginger ale or soft drinks, coffee, tea, jello, ice pops, gatorade, gummy bears, life savers, popsicles, orange/lime sherbert.
- **Take 4 dulcolax tablets at 4:00pm**
- **For the first dose of the prep, between 4:00 and 6:00pm, start the miralax prep.** Mix 4 scoops of miralax in 1-32oz of Gatorade or a clear liquid of your choice and drink. Drink this as tolerated over one hour.
- **For the second dose of the prep:**
  - **If your procedure is scheduled between 7:30am and 9:30 am, take the second dose of your prep between the hours of 8pm and 10pm.** As above, mix 4 scoops of Miralax in the other 32oz Gatorade or clear liquid. Drink as tolerated over 1 hour.
  - **If your procedure is scheduled to start between 10am and 3:00pm, take the second dose of your prep in the morning of the procedure between 6am and 8am.** As above, mix 4 scoops of Miralax in the other 32oz Gatorade or clear liquid of your choice and drink as tolerated over 1 hour.
- **Nothing by mouth for the last 2 hours prior to your colonoscopy.**
- Note: Individual responses to laxatives may vary. This may cause multiple bowel movements within 30 minutes or take several hours.