

Colonoscopy Instructions

Miralax and Dulcolax Preparation

WHAT TO BUY

- 4 Dulcolax 5 mg (or generic Bisacodyl laxative) tablets
- 1 large bottle of Miralax (8.3 ounces or 238 grams)
- 64 ounces of Gatorade (no red or purple colors)
- 4 Simethicone 80 mg gas tablets

7 DAYS BEFORE THE TEST

- **DO NOT TAKE:** Nonsteroidal anti-inflammatory medications, these include Ibuprofen, Motrin, Advil, Naproxen, Aleve, Naprosyn, Meloxicam, and many others
- You may take Tylenol (which is acetaminophen) for pain
- Some medical conditions require you to stay on Aspirin. Check with your primary care provider. Do not stop Aspirin until you speak with your health care provider.



3 DAYS BEFORE THE TEST

Stop eating high fiber foods such as corn, beans, seeds, nuts, whole grain breads, or fruit skins (pear, apple, etc.)



2 DAYS BEFORE THE TEST

- Have a light dinner no later than 7 PM

1 DAY BEFORE THE TEST

- Begin a clear liquid diet – a clear liquid means you can see through it

Clear Liquids	Not Clear Liquids
Water, Gatorade, Powerade, or Pedialyte	No red or purple items
Black coffee or tea (no milk, cream)	No alcohol
Clear broth	No milk, cream, other dairy products
Ginger ale or Sprite	No noodles, rice, or vegetables in soup
Apple juice	No juice with pulp
Jell-o, popsicles	No liquid you cannot see through

1 DAY BEFORE THE TEST - continued

- No solid food for the entire day
- In the morning: take 2 Dulcolax (or generic Bisacodyl laxative) tablets
- Prepare the laxative: mix 64 oz of Gatorade with 8.3 oz of Miralax, then put it in the refrigerator
- **Starting at 4 PM, drink one glass (8 ounces) of laxative every 30 minutes until finished.** Be sure to stay close to a bathroom once you start the prep.
- **At 9 PM,** take 2 gas pills (simethicone) with 1 glass (8 ounces) of clear liquid
- **At 10 PM,** take 2 more gas pills (simethicone) with 1 glass (8 ounces) of clear liquid
- Before bed: take 2 Dulcolax (or generic Bisacodyl laxative) tablets

DAY OF THE COLONOSCOPY

- The morning of the test, you can take your other medications at the usual time with **only a sip of water**. These include blood pressure pills, seizure medications, heart medications, thyroid medications, etc.
- **Do not** take pills for diabetes. If you have diabetes, please follow the colonoscopy preparation for people with diabetes handout
- **Do not drink anything for 3 hours before the test**