

# MIRALAX & DUCOLAX

## Bowel Prep Instructions for the Day Before Your Procedure

<b>WHAT YOU CAN DRINK</b>	<b>REMEMBER - CLEAR LIQUIDS ALL DAY TODAY ---NO SOLID FOOD</b>	
	<input checked="" type="checkbox"/> ALLOWED CLEAR LIQUIDS	<input type="checkbox"/> <u>NOT</u> ALLOWED LIQUIDS
	Strained Chicken, beef or vegetable broth	NO Creamy Soups, No Rice, Egg or Noodle Soup
	Black coffee, black tea	No Milk or non-dairy creamer
	Carbonated and non-carbonated soft drinks	NO Smoothies, Protein shakes
	Gatorade, Pedialyte, PowerAde	No Red or PURPLE Drinks
	Kool-Aid or other fruit flavored drinks	No Tomato Juice
	Apple juice, white cranberry or grape juice	No Juice with pulp like orange/grapefruit
Jell-O, popsicles	No RED or PURPLE Drinks	
<b>BOWEL PREP</b>	<b>MIRALAX &amp; DUCOLAX</b>	
	<ul style="list-style-type: none"> <li>• Taking the Miralax and Dulcolax prep will cause the body to evacuate the contents of the colon. This causes the body to lose a significant amount of fluid and can result in dehydration.</li> <li>• It's important that you prepare your body by drinking extra clear liquids before the prep as well as drinking plenty of water to replace what you lose during the prep.</li> </ul>	
	<b>1 Week Before Procedure</b>	
	<ul style="list-style-type: none"> <li>• Purchase an 8.3ounce container of MiraLAX and 5 Dulcolax tablets. These can be purchased without a prescription at your local pharmacy.</li> </ul>	
	<b>2- Nights Before Procedure</b>	
	<ul style="list-style-type: none"> <li>• Take 1 Dulcolax tablet around 8:00 PM.</li> </ul>	
	<b>1- Day Before Procedure</b>	
	<ul style="list-style-type: none"> <li>• At <b>4:00 PM</b>, take 4 Dulcolax tablets</li> <li>• Between <b>4:00 PM-6:00 PM</b>, start the Miralax prep.               <ol style="list-style-type: none"> <li>1. Mix 1 capful of Miralax in 8oz of Gatorade or a clear liquid of your choice and drink.</li> <li>2. Repeat this every 15–30 minutes for a total of 8 doses.</li> </ol> </li> <li>• It is okay to start your prep earlier than 4:00 PM if you are at home.</li> <li>• Remain close to a bathroom. The solution may begin to work as soon as 30 minutes.</li> <li>• The prep should continue to work and your stool should become liquid and eventually turn clear yellow like urine.</li> <li>• If nausea, bloating or abdominal cramping occurs, pause or slow the rate of drinking until symptoms diminish.</li> <li>• Continue to drink clear liquids until midnight.</li> </ul>	
	<b>Day of Procedure</b> -If you do not think you are "cleaned out" you may take an extra dose of Miralax or use a Fleet enema the morning of the exam.	
<b><u>YOU WILL BE READY FOR YOUR PROCEDURE WHEN</u></b>		
<input checked="" type="checkbox"/>	You have read through and followed all instructions.	<input checked="" type="checkbox"/>
<input checked="" type="checkbox"/>	You have completed <b>ALL</b> of your prep solution.	<input checked="" type="checkbox"/>
		Your bowel movements are clear yellow fluid, like urine and you can see the bottom of the toilet.
		You have arranged and confirmed a ride home with family member or friend.

Contact your healthcare provider if you develop significant vomiting or signs of dehydration after taking the prep, if you experience cardiac arrhythmias or seizures or have any questions or concerns.

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