

## **MIRALAX BOWEL PREP**

### **SUPPLIES NEEDED**

- 1 bottle of Miralax 238g (powder)
- Dulcolax (bisacodyl) 5mg tablets
- Two 32 ounce bottles of Gatorade (no red) or Crystal Light

### **5 DAYS BEFORE PROCEDURE**

Stop foods that contain skins, hulls, seeds and nuts (peanuts, popcorn, grapes, beans, peels of apples/potatoes, strawberries, tomatoes, bread with seeds, rice, etc.). No salads.

**\*\*\*You will be on a Clear Liquid Diet the ENTIRE day before your procedure. You should drink at least 8oz of liquids every hour from the time you wake up to the time you go to bed the night before your procedure.\*\*\***

### **DAY BEFORE PROCEDURE**

1. After clear liquid breakfast, take **ALL** 4 Dulcolax tablets.
2. **At 6:00PM**, mix the **ENTIRE** bottle of Miralax with 64oz of Gatorade or Crystal Light. Drink 8oz of mixture every 15 minutes (or as best as you can) until you have finished half of the 64oz.
3. **At 10:00PM**, start drinking the other half of the Miralax and Gatorade or Crystal Light mixture. If you feel full or sick to your stomach, then stop (or slow down) drinking.

### **CLEAR LIQUID DIET EXAMPLES**

Water	Tea	Coffee (no cream)
7-UP	Coke	Sprite
Pepsi	Mountain Dew	Kool-Aid (no red)
Apple Juice	Cranberry Juice	CranApple Juice
CranBlueberry Juice	CranGrape Juice	CranRaspberry Juice
Grape Juice	Clear Broth	Bouillon

Jell-O & Popsicles (no red and no fruit added)

<b><u>NO</u></b>	<b><u>NO DAIRY</u></b>	<b><u>NO SOLID</u></b>
<b><u>ALCOHOL!</u></b>	<b><u>PRODUCTS!</u></b>	<b><u>FOODS!</u></b>

**\*\*\*DO NOT EAT SOLID FOODS THE DAY BEFORE THE PROCEDURE. DO NOT EAT OR DRINK ANYTHING 4 HOURS PRIOR TO PROCEDURE TIME. \*\*\***

It is normal to feel abdominal cramping and bloating and have multiple loose stools during the prep period. Nausea and vomiting may also occur. Complete all of the prep if possible. A successful prep is when your bowel movements are a **clear, yellow liquid**.

**\*\*If you have any questions, call 812-885-8770 and ask for a nurse.\*\***