

Bartlett Surgery & Specialty Clinic

3225 HOSPITAL DRIVE, SUITE 101A JUNEAU, AK 99801 • 907-796-8700 • FAX 907-796-8710

Miralax and Bisacodyl/Dulcolax Bowel Prep for Colonoscopy

Bowel prep is done to clear the bowel of all solid matter to prepare for your procedure. Please read these instructions completely before beginning the prep.

- Tell your doctor if you have diabetes or take blood thinners. You may need to stop some of your medications a few days before your test.
- Ask your doctor if you should take any of your medications the morning of your procedure. If so, take with small sips of water only.
- **One week before your test:**
 - Do not take aspirin products or iron tablets**
 - Do not take fiber supplements like Metamucil, Citrucel or Fiberall**
 - Avoid seeds, nuts, corn, and whole grains**
- We will provide you with:
 - Miralax (8.3 ounces or 238 grams)
 - 4 bisacodyl/dulcolax tablets(oral) (5 milligrams tablet)
- **Buy a 64-ounce bottle of sports drink such as Gatorade.** If you have diabetes, buy a low or no calorie drink such as Crystal Light instead. This will be mixed with the whole bottle of Miralax the day before your procedure. Do not use carbonated beverages to mix your Miralax solution.

On the day before your procedure:

1. **Starting in the morning, drink only clear liquids. DO NOT EAT ANY SOLID FOOD OR MILK PRODUCTS ALL DAY.**

Clear Liquids:

- Water/Ice
- Strained fruit juices(no pulp)
- Popsicles
- Soft drinks
- Gatorade
- Clear broth or bouillon
- Jell-O
- Kool Aid
- Coffee or tea (no milk or cream)

**Avoid all RED or PURPLE
colored liquids!**

2. Follow the schedule in the table below for your bowel prep. You may need to get to the toilet right away. You will have many bowel movements through the evening. They will become very watery. The bowels are clear or clean when there is only pale yellow fluid without flecks of stool.

6:00 PM	Take 4 Bisacodyl tablets with a drink of clear liquids.
	Mix the Miralax in a 64-ounce bottle of liquid. Cap the bottle and shake the bottle to dissolve the powder.
7:00 PM	Start to drink the Miralax/liquid mixture. Drink one glass every 15-30 minutes until the solution is gone. Finish drinking the liquid in 2-3 hours. Be sure to drink all of the liquid. If you experience nausea, slow down the pace of drinking.

The morning of your colonoscopy:

- **Do not eat or drink anything**
- For safety reasons, you cannot drive for 24-hours after the procedure, as the sedative or anesthesia used during the procedure needs time to wear off. You will need to arrange a ride home after the procedure. You will be asked to provide the name & phone number of the person providing your transportation during your pre-op appointment. Your procedure may be cancelled if this information is not provided.
- If you were instructed to take your morning medications, take with small sips of water only.
- You need arrive to short-stay 1 to 2 hours before your procedure is scheduled so that staff can get you ready. Expect to be here 2 to 4 hours for the procedure and recovery time.

If you have any questions or concerns, please call our office at 907-796-8700.