

## **BOWEL PREPARATION-Miralax/Dulcolax**

**Patient Name:** \_\_\_\_\_

**Day and Date of colonoscopy:** \_\_\_\_\_

**Arrive at:** \_\_\_\_\_ \*A 48 hr notice is required for cancellation of procedure. \*

Endoscopy Center of Yuma       YRMC       Focused Imaging of Arizona

You **MUST** have someone with you to drive you home after the procedure. If you do not, the procedure will NOT be done.

**If you have any questions regarding your preparation, please call Endoscopy Center of Yuma at (928) 343-1717.** After hours or to cancel your appointment, call Yuma Gastro at (928) 344-4325.

**MEDICINE: Seven days prior to exam, STOP IRON.**

**PURCHASE:**    2 Dulcolax tablets (10 mg each-over the counter)  
                     238 grams of Miralax (over the counter).  
                     64 oz. bottle of Gatorade any color except red or purple.

**NO MORE THAN 24 HOURS PRIOR TO TEST,** Open your Gatorade and spill about 8-10 ounces from the bottle. You may save this to drink later or discard the 8-10 ounces. Empty the 238gram bottle of Miralax into the Gatorade. Shake the bottle to ensure that the powder is dissolved. Miralax will not change the flavor of your Gatorade. You may refrigerate the solution.

### ***Day before Exam***

- May eat a light breakfast before 9 a.m.
- **NO SOLID FOOD AFTER 9 a.m.**
- **CLEAR LIQUID DIET\* ONLY.**
- **Diabetic Medications:** Take HALF the usual dosage of insulin or pills.
- **Other Medications:** take as usual at normal times.

### ***Evening before Exam***

- At 6pm, drink 1 cup (8 ounces) of the Miralax solution every 15 minutes until you have finished the entire bottle. Finish solution in 2 hours or less.
- Take 2 Dulcolax tablets 20 minutes after finishing the solution.

### ***Morning of Exam***

- **Three (3) hours before your arrival time, STOP DRINKING LIQUIDS and take your blood pressure and heart medications.**
- **No Diabetic Medications until after your procedure.**

**CLEAR LIQUID** is any liquid that you can see through. Examples: apple juice, white grape juice, sports drinks. Do not drink milk or juices with pulp. Avoid red and purple drinks.