

Bowel Preparation Instructions: Dulcolax/Miralax Non-Split Prep

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It is very important to follow all the instructions to prepare for your procedure. Your colon must be empty, so the provider can see during the procedure. Many patients feel that the bowel preparation is the hardest part of the procedure.

Preparing for the Procedure

- The day before your procedure, you will need to start preparing your colon.
- Do not eat any solid foods the entire day before
- You will be using a Miralax bowel preparation to clean out your colon.
- If you have a history of congestive heart failure, cardiomyopathy, or renal failure, you should not take a Miralax bowel preparation and call the provider that prescribed the procedure.

Items to Buy

- To get ready for your procedure, you will need to buy items for the bowel preparation.
- No prescription needed:
 - Four (4) Bisacodyl/Dulcolax oral tablets (5 mg) or generic equivalent
 - 8.3-ounce bottle of Miralax powder or generic equivalent
 - 64-ounces of the following electrolyte beverages Gatorade, Gatorade G2, Powerade, Powerade Zero, Pedialyte, Propel or Liquid IV are acceptable with no red or purple colors
 - If you have diabetes, you may use sugar-free options.

Medication Information

Some of the medicines you take may need to be stopped or adjusted temporarily before your procedure.

- Blood thinners
 - such as Coumadin (warfarin), Ticlid (ticlopidine hydrochloride), Agrylin (anagrelide), Xarelto (Rivaroxaban), Pradaxa (Dabigatran), Pletal (Cilostazol), Brillinta (Ticagrelor), Eliquis (Apixaban), Effient (Prasugrel), and Plavix (Clopidogrel)
 - You must speak with your prescribing provider or the specialist at least 2 weeks before the scheduled procedure. Do not stop these medications without the consent of your provider.
- Insulin and diabetes medications
 - Please call the provider that monitors your glucose levels. Your medications may need to be adjusted due to the diet restrictions required with this bowel preparation. Do not stop these medications without the consent of your provider.
- Aspirin
 - You may take your Aspirin as prescribed with a sip of water.

Five (5) days before your procedure

- Do not take medications that will stop diarrhea.
 - Examples: Imodium or Pepto-Bismol
- Do not take fiber medications or supplements.
 - Examples: Metamucil or Citrucel
- Do not take any vitamins or supplements. Vitamins and supplements leave behind a film in the colon making it difficult for the provider to visualize smaller polyps
 - Example: Multi-vitamins, fish oil, vitamin D, iron or turmeric

Three (3) days before your procedure

- Begin a low fiber diet. A low fiber diet helps make the cleanout more effective.
- Low fiber examples include:
 - White bread, white rice, white pasta, crackers, fish, chicken, eggs, ground beef, creamy peanut butter, cooked/boiled vegetables, canned fruit, bananas, melons, milk, plain yogurt, cheese, salad dressing and other condiments.
- Do not eat high-fiber foods such as:
 - Popcorn, seeds (flax seeds, sunflower, and quinoa), multigrain breads, multigrain pasta, nuts, granola, salads, raw vegetables, or fresh and dried fruits. Limit the number of meats.

Two (2) days before your procedure

- Increase your water intake.
- Continue a low fiber diet.

One (1) day before your procedure

- Start your clear liquid diet.
- Only drink clear liquids the entire day before your procedure
- A clear liquid diet includes:
 - Water, black coffee, or tea (no milk or cream), clear broth or bouillon, Gatorade, carbonated or noncarbonated soft drinks (Coke, Sprite), strained fruit juices without pulp (apple, white grape, white cranberry), Jell-O, and popsicles. **Remember, NO RED OR PURPLE LIQUIDS.**
- Do not eat any solid foods.
- **At NOON**, take four tablets of Bisacodyl/Dulcolax. You will want to have access to a bathroom after taking the tablets.
- Mix the Miralax (entire bottle) with 64 ounces of the electrolyte beverage until it is all dissolved. You can put the mixture in the refrigerator.
- If you would prefer to drink the prep at room temperature, you may take it out of the fridge at 3 p.m.
- Do not add ice, sugar, or any other flavorings to the bowel preparation.
- **At 5 p.m.**, start drinking your prep mixture. Try to drink an eight-ounce glass of the prep mixture every 15 minutes.
- Some people may feel nauseous, bloated, or vomit. If this happens, take a 15–30-minute break, and then try drinking the prep mixture.
- You will need to be near a bathroom once you start drinking your pre mixture. You will have diarrhea and will need to be able to reach a bathroom quickly.
- **Be sure to take ALL of the prep.**
- After you finish the prep mixture, you may drink clear liquids only.

The day of your procedure

- Your stool should be no longer formed, but a clear or yellow liquid.
- You may drink clear liquids until two hours before your check-in time
- Avoid red or purple liquids, dairy products, protein shakes, alcoholic beverages, chewing tobacco, and illicit drugs. The use of these will result in your procedure being cancelled.
- You may take your medications with a sip of water.
- Remember, do not eat any solid foods.
- You may want to allow extra time to travel to your appointment as you may need to stop and use a restroom along the way.

Notes/Other Instructions: