

Miralax, Dulcolax & Magnesium Citrate Bowel Prep for Colonoscopy

A bowel prep is done to clear the bowel of all solid matter. Its purpose is to prepare the bowel for surgery or a procedure. Please follow these instructions. Begin the bowel prep the day before your scheduled procedure.

To prepare:

If you take Coumadin, Warfarin, Plavix, Pradaxa, Effient, Xarelto, Eliquis or Aggrenox, you may need to stop it 5 days prior to your procedure. Consult your cardiologist or primary care physician to determine if this is necessary for you. If you are diabetic, please consult your primary care physician regarding your medication and diet.

You will need these items from a pharmacy:

- **Miralax-1 large bottle (8.3 ounces or 238 grams)**
- **4 Dulcolax or bisacodyl tablets (5 milligram tablets)**
- **1 bottle Magnesium Citrate (10 ounces)**

There may be store brands of these products that cost less. Ask the pharmacist to help you find what you need.

- Buy one large 64-ounce bottle of a sports drink such as Gatorade or a clear liquid of your choice. This will be used to mix your Miralax the day before your test. Do not use carbonated beverages.

The day before your test:

1. Drink only clear liquids. Avoid all red or purple colored liquids. Do not eat any solid food or milk products until your test is done.

Clear liquids:

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

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

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1:00 PM - Take 4 Dulcolax tablets with a drink of clear liquids. Mix the Miralax in a 64-ounce bottle of Gatorade or other clear liquid of choice. Cap the bottle and shake the bottle to dissolve the powder and put in the refrigerator. Most people prefer to drink the liquid chilled so putting it in the refrigerator helps.

3:00 PM - Drink one (10 ounce) bottle of Magnesium Citrate. This may be preferred to drink chilled so place it in the refrigerator in the morning.

5:00 PM - Start to drink the Miralax solution. Drink an 8 oz. glass every 20 to 30 minutes. Be sure to finish all of the liquid.

Do not drink anything else after 12 midnight or 4 hours prior to your procedure if you have a later morning or afternoon procedure. You may gargle but do not swallow any liquid.

The morning of the colonoscopy:

- If you need to take your morning medicines, take with small sips of water only.
- You will need to have someone with you to take you home after your procedure. You will not be able to leave by yourself and it will not be safe for you to drive because of the medicine you are given at the start of the test. Taxis and buses are not acceptable. You can expect to be at the facility 2-3 hours from your arrival time.

Talk to your doctor or nurse if you have any questions or concerns.

Please report to:

Baylor Ambulatory Endoscopy Center, 4708 Alliance Blvd. Ste. 210, Plano, TX 75093
(469) 800-6021 (www.baylorendoscopycenter.com) Please print, fill out and bring with you the BAEC patient packet from the website.

PLEASE CALL THE OFFICE AT 469-800-6020 AT LEAST 48 HOURS IN ADVANCE IF YOU NEED TO CANCEL OR RESCHEDULE YOUR PROCEDURE.