Miralax and Dulcolax 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 or Aggrenox, you may need to stop it 5 days prior to your procedure. Consult your doctor to determine if this is necessary for you.

- 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)

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
   - Soft drinks
   - Gatorade
   - Clear broth or bouillon
   - Jello
   - Kool Aid
   - Coffee or tea (no milk or cream)

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 day. They will become very watery. The bowels are clear or clean when there is only pale yellow fluid without flecks of stool.

   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. Most people prefer to drink the liquid chilled so you may want to place it in the refrigerator.

   4:00 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 6 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 are to take your morning medicines, take with small sips of water only.

☐ Bring all medicines you usually take (in the original containers) to the hospital with you.

☐ 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 are not acceptable.

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 BaylorEndoscopyCenter.com

____ Ambulatory Endoscopy Center of Dallas, 6390 LBJ Freeway, Ste. 200, Dallas, TX 75240 972-934-3691 www.AECDallas.com

____ Medical City Dallas Hospital, 7777 Forest Lane, Bldg A, Ste 242, Dallas, TX 75230 (972) 566-7089

____ Baylor Regional Medical Center at Plano, 4700 Alliance Blvd., 2nd floor Registration, Day Surgery (469) 814-5200

Date: ____________________
Time: ____________________ Check In: ____________________
Doctor: ____________________

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