

**Department of Medicine
Division of Gastroenterology**



Colonoscopy Bowel Preparation Instructions - Miralax & Dulcolax

You are scheduled to have a colonoscopy on_____. Please arrive at_____ to the **Endoscopy Center/GIDC on the 4th floor of the Blaustein Building, adjacent to the main hospital.**

- 1) Purchase a 64-ounce bottle of Gatorade or Powerade (no red colors) and four (4) Dulcolax tablets. Purchase enough Miralax to equal 527 grams.
- 2) Stop taking aspirin, Coumadin, and arthritis medication seven (7) days before the procedure or as directed by physician. Stop taking Plavix five (5) days before the procedure unless directed otherwise.

*****If you are taking Coumadin, Plavix, or anticoagulants, please contact your primary care physician or cardiologist before stopping them.*****

YOU MAY HAVE ONLY CLEAR LIQUIDS THE ENTIRE DAY BEFORE THE EXAM. Please see the “Clear Liquid Diet” chart on the reverse of this page.

- 3) At 6:00 p.m. mix the entire bottle of Miralax in the 64 ounces of Gatorade/Powerade. Shake well to mix. Drink 8-16 ounces every hour over the next few hours until it is finished.
- 4) At 10:00 p.m. take 4 **Dulcolax Laxative tablets.**
- 5) You may continue to drink clear liquids all evening, until midnight.
- 6) **Do not eat or drink anything after midnight or on the morning of the procedure.**
- 7) You should take any heart and blood pressure medications with a sip of water on the morning of the procedure.
- 8) Someone must come with you to take you home after the procedure. You will not be able to drive after the procedure.
- 9) Parking is on the Main Visitor Lot, Belvedere or Cylburn Garages. Parking tickets are no longer validated. You must pay to park.

DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT

Please call our office at (410) 601-5392 if you have any questions or concerns.