

#### WHAT SUPPLIES DO I NEED TO PREPARE IN ADVANCE?

1. Obtain Miralax® from your pharmacy. It is okay to substitute a generic version of the brand name Miralax®. This is an over the counter stool softener and no prescription is needed.
  - a. Purchase an 8.3 oz. (238 grams) bottle AND 4.1 oz. (119 grams) bottle. If you are not sure which size bottles to purchase, please ask your pharmacy to assist you with finding the correct sizes.
2. Obtain Dulcolax® laxative (not the stool softener) from your pharmacy.
  - a. You will need a total of 4 Dulcolax® laxative tablets. It is okay to substitute a generic version of the brand name Dulcolax®. No prescription is needed.
3. Obtain a total of 96 ounces of Gatorade.
  - a. You can buy three 32 ounce bottles. Please purchase only Orange or Lemon-Lime flavored Gatorade®. If you are diabetic, you can try “G2®” (low calorie Gatorade®) or “Powerade® Option/Zero” as another choice.

#### TIMELINE OF YOUR COLONOSCOPY PREPARATION

The Day Before Your Procedure	
<b>1:00pm</b>	Swallow 2 Dulcolax® tablets.
<b>5:00pm</b>	Mix entire container of Miralax® powder with the 96 ounces of Gatorade®. Make sure you shake it up so powder is fully dissolved. Begin drinking mix. Drink 8 ounces every 15 minutes until completed.
<b>8:00pm</b>	Swallow the 2 remaining Dulcolax® tablets.

#### PREPARATION TIPS

1. Since the bowel preparation will cause diarrhea, it is important to stay hydrated. Make a conscious effort to drink clear liquids throughout the day to prevent dehydration.
2. Try to drink the preparation with a straw as this may be easier to tolerate.
3. The bowel preparation will result in diarrhea so please plan appropriately.
4. If you start to feel nauseated, you can pause for 20-30 minutes and then begin drinking the solution more slowly. Some patients say that walking around helps relieve their nausea.
5. Be sure to finish the entire prep or else the colon may not clean adequately.
6. Your output/bowel movements should be clear (or yellow) after you've completed the bowel preparation. If you are still seeing stool/brown after completing the 2nd dose, please call our office.

**DO NOT FOLLOW THE PREP INSTRUCTIONS ON THE PRODUCT'S BOX OR THAT THE PHARMACY PROVIDES. YOU MUST FOLLOW OUR PREP INSTRUCTIONS AS WRITTEN IN THIS DOCUMENT.**