



Gwinnett Medical Center

Lawrenceville • Duluth

Bowel Prep Instructions

Purchase at the Pharmacy: 4 Dulcolax (Bisacodyl) 5 mg tablets, 8.3 ounce (238 gram) bottle of Miralax, and a 64 ounce bottle of Gatorade or Powerade (Lemon-lime or clear, no Red or Purple drinks). You may also want to purchase some Tucks Medicated Pads or a small tube of Anusol hydrocortisone cream if you have hemorrhoids (hemorrhoids may become irritated as a result of this bowel preparation.)

Two Days Before Your Procedure: Discontinue psyllium stool softeners such as Metamucil, Citrucel, and Fibercon. Discontinue foods high in roughage such as oatmeal, bran, shredded wheat, wheat cereal, fresh fruits and vegetables.

One Day Before Your Procedure: Drink plenty of clear liquids for breakfast, lunch, and dinner. No solid food. Clear liquids include water, non-pulpy juices (apple, white grape, cranberry, lemon), Gatorade or Powerade (Lemon-lime or clear, no Red or Purple), clear broth or bouillon, coffee with creamer, tea, Jell-O, popsicles, soft drinks, ginger ale, and Ensure or Boost supplement drinks (**NOT** *Ensure or Boost with fiber*).

1:00 p.m.: Begin drinking at least 8 ounces of clear liquid per hour until bedtime.

3:00 p.m.: Take **2** Dulcolax tablets with 8 ounces of clear liquid.

5:00 p.m.: Mix the bottle of Miralax in the 64 ounce bottle of cold Gatorade or Powerade and shake until dissolved. Drink an 8 ounce glass of the Miralax solution every 10-15 minutes until the solution is gone. Individual responses to the bowel prep may vary. The prep may take anywhere from 30 minutes to 3 hours to begin working. Please remain close to a bathroom.

8:00 p.m.: Take the last **2** Dulcolax tablets with 8 ounces of clear liquid.

Nothing to eat or drink after midnight (not even water).

DAY OF YOUR PROCEDURE: **Do Not Eat Breakfast or Drink Anything.** You may take your usual morning doses of prescription medicines the morning of your procedure with a small sip of water.

Diabetic patients: Take only half your dose of diabetic medicine the day before your procedure and no diabetic medicine the day of your procedure. Please verify this change in insulin dosage with your physician that prescribes insulin for you.