

“Two Day” Colonoscopy Prep *Over-the-Counter*

Shopping List:

- ✓ 238-gram (8.3 oz) bottle of MiraLAX powder
- ✓ Bisacodyl/Dulcolax 5mg pills X 10
- ✓ Simethicone/Gas-X tabs X 2
- ✓ Gatorade/Powerade 64 oz.
- ✓ Baby wipes and diaper cream

Prep Procedure:

Two (2) days before your procedure:

Take FOUR (4) Dulcolax pills in the morning and again at night, for a total of EIGHT (8) for the day.

One (1) day before your procedure: All day follow a **CLEAR LIQUID** diet ONLY. AVOID orange, red, and purple beverages.

- **4PM:** Take 4 Dulcolax tabs. Prepare the MiraLAX prep solution by combining the 238-gram bottle of MiraLAX powder with 64 ounces of a Gatorade/Powerade or other clear liquid. Separate into 2 separate containers and place in the refrigerator.
- **6PM:** Start to drink the first 32 oz of the MiraLAX prep solution. Drink 8 oz every 10-15 minutes over the next 2 hours.
- **10PM:** Take 2 Simethicone tabs.

Day of your procedure, SIX (6) hours before your scheduled arrival time: Drink the second 32 oz bottle of the prep solution. Drink 8 oz every 10 minutes until gone. You must drink ALL the laxative by **FOUR (4) hours** before your arrival time.

FOUR (4) hours before you time of arrival STOP drinking all liquids!

Helpful Tips:

- Remember that on the day before your procedure you should avoid solid foods, all dairy products and alcohol.
- Stay hydrated! Drink at least 6-8 tall glasses of clear liquids in addition to the prep solution.
- Recommended clear liquids include broths, teas, black coffee, Jello, popsicles, water, and sports drinks. AVOID orange, red, and purple beverages.
- You may not start to move your bowels until 2-3 hours after you drink the prep solution. Stay close to the bathroom.
- Drink the laxative through a straw or put on ice to reduce nausea.
- If you feel nauseous, try chewing gum, drinking peppermint tea, or sucking on a lemon.
- For hemorrhoids, you may use Tucks pads or hemorrhoid cream.