

Purchase from the Pharmacy:

- One (1) 510 gram bottle of polyethylene glycol (MiraLAX)
- One (1) box of Simethicone (Gas-X) Extra-Strength 125mg oral soft gel capsules
- One (1) box of bisacodyl (Dulcolax) 5mg oral tablets (the laxative, **NOT** the stool softener)

Bowel Preparation Instructions

REMINDER: The day prior to your colonoscopy, your diet should consist of **CLEAR LIQUIDS ONLY.**

The day before your procedure, at 3:00PM:

- Mix the entire 510 gram container of polyethylene glycol (MiraLAX) in a large pitcher with one (1) gallon (128 ounces) of water, regular or sugar-free Gatorade. Stir prep solution thoroughly for 2-3 minutes.
- Take two (2) extra strength Simethicone (Gas-X) oral soft gel capsules (250mg total).
- Consume half of the polyethylene glycol (MiraLAX) prep solution (64 ounces) by drinking one (1) 8 ounce glass of prep mixture every 20-30 minutes until complete.

If you should become nauseated or feel too full, slow down, and consume the prep at a slower pace.

- Thirty (30) minutes after consuming the polyethylene glycol (MiraLAX) prep solution, take two (2) bisacodyl (Dulcolax) oral tablets (10mg total).
- It is recommended to stay hydrated following the first half of the bowel preparation by consuming an additional 16 ounces of water or clear liquids.