

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.
 - 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.
 - 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.
 - 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.
4. Please also pick up simethicone anti-gas tablets (Gas-X or any generic brand) which are available over-the-counter without a prescription. While this medicine isn't required, taking it as detailed below will improve the quality of your bowel preparation.

TIMELINE OF YOUR COLONOSCOPY PREPARATION

The Day Before Your Procedure	
1:00pm	Swallow 2 Dulcolax® tablets.
5:00pm	Mix the entire container of Miralax® powder with 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 it is completed. Chew two tablets of simethicone 125mg chewable tablets. This can be purchased over-the-counter. This step is preferred, but not essential.
8:00pm	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 drinking the preparation with a straw as this may be easier to tolerate.
3. 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.
4. Be sure to finish the entire prep or else the colon may not clean adequately which may result in you needing to repeat your colonoscopy within 6-12 months.

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.

5. Your output/bowel movements should be clear (or yellow) after you've completed the bowel preparation. If you are still seeing solid stool/brown stool after completing the 2nd dose, please call our office 312-695-5620.

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