

## Propel/Miralax Bowel Prep

You will need to drink a laxative solution to clean your colon.

**Please purchase the following items over the counter:**

- 64 oz. of Propel flavored water (any flavor).
- Dulcolax laxative tablets (not suppository or stool softener). You will need 3 tablets for the prep.
- Miralax 238 grams (8.3 ounces) powder or generic polyethylene glycol 3350 (you can find this in the laxative section).
- One Reglan Tablet (generic Metoclopramide) 10 mg (prescription only)

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### One day before your colonoscopy:

**NO SOLID FOOD** - Clear liquids only for breakfast, lunch & dinner. Please make an effort to drink clear liquids throughout the day.

1. **Start clear liquids as soon as your get up:** Clear liquid list provided below. No Solid Foods.
2. In the morning, in a pitcher, mix the 8.3-ounces of Miralax with the 64-ounces of Propel. Stir/shake the contents until entire contents of Miralax are completely dissolved. Chill if desired.
3. **At 1:00 pm:** Take three Dulcolax laxative tablets with water by mouth
4. **At 2:00 pm:** Take the Reglan tablet
5. **At 3:00 pm:** Drink ½ of the Propel/Miralax solution. Drink 8-ounce glass every 15 minutes. You may drink it directly through a straw.
6. **At 9:00 pm:** Drink the other ½ of the Propel/Miralax solution. Drink 8-ounce glass every 15 minutes until finished with all of the solution.
7. Clear liquids allowed until midnight and then nothing to eat or drink.

### Day of Procedure:

- Nothing to drink
- Have someone with you to drive you home

### Clear Liquid Diet List - Do not eat or drink anything colored red or purple

- Beverages:** Soft drinks – orange, ginger ale, Sprite, Sierra Mist, 7-Up, Gatorade, Kool-Aid, Strained fruit juices without pulp – apple, white grape, orange, lemonade, Water, tea or coffee (no milk, non-dairy creamer, or lemon), Ensure any flavor - no generic. (maximum of four cans per day)
- Broths:** Chicken/beef bouillon or vegetable broth
- Desserts:** Hard candies, Jell-O (lemon, lime or orange; no fruit or toppings) Popsicle (no sherbet or fruit bars)