

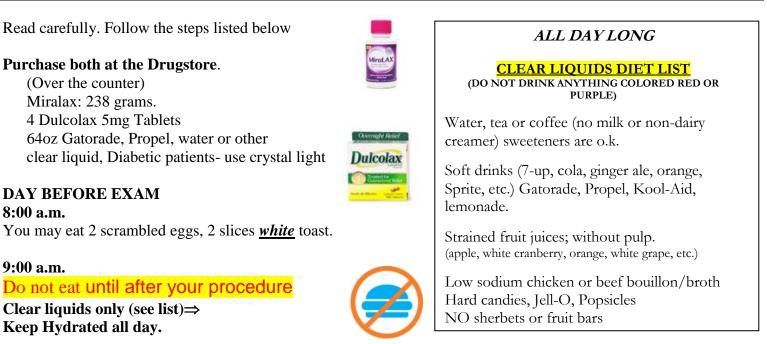
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Miralax/Dulcolax Bowel Preparation

Importance of DRINKING LIQUIDS during the bowel preparation process

During bowel preparation you will lose significant amounts of fluid. THIS IS NORMAL. It is very important that you replace this fluid to prevent dehydration. Drink large amounts of clear liquids. Drinking large amounts of clear liquids also helps ensure that your bowel will be clean for the examination. A completely clean colon may help avoid the need for a repeat exam.



Your body loses significant amounts of fluid during bowel preparation. In order to prevent dehydration, it is important to supplement that fluid loss with clear liquids. Make a conscious effort to drink as much as you can before, during, and after the preparation.

Evening before procedure, Split Dose (2-Day) Regimen
2:00 p.m. take 2 Dulcolax 5mg laxative tablets Mix the 238g bottle of Miralax in 64 ounces of cold clear liquid of your choice. (Mix entire bottle) POP and juice not recommended

4:00 p.m. First dose: (You may vary times by 2 hours - between 4:00 to 6:00 pm) Start drinking the Miralax mix. Drink 4 glasses. Drink 1 (8 oz. glass) every 30 minutes.

DAY OF EXAM

5 hours prior to your procedure Take 2 Dulcolax 5mg laxative tablets Start drinking the Miralax mix. Drink 4 glasses. Drink 1 (8 oz. glass) every 30 minutes until gone.

Do not drink anything 3 hours prior to your procedure on the morning of !!!

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