

# Colonoscopy Extended Bowel Prep

## In addition to your prep, purchase the following:



- One bottle of Miralax powder. You will need at least 5 doses (85 grams)
- Dulcolax (or generic Bisacodyl) 5 mg oral tablets. You will need at least 5 tablets.

## 3 Days Before Your Procedure

- In the morning, take one dose (17 grams) of Miralax mixed with 4-8 ounces of water and take one Dulcolax tablet (5 mg)
- In the evening, take one dose (17 grams) of Miralax mixed with 4-8 ounces of water and take one Dulcolax tablet (5 mg)

## 2 Days Before Your Procedure

- In the morning, take one dose (17 grams) of Miralax mixed with 4-8 ounces of water and take one Dulcolax tablet (5 mg)
- In the evening, take one dose (17 grams) of Miralax mixed with 4-8 ounces of water and take one Dulcolax tablet (5 mg)

## 1 Day Before Your Procedure

- When you wake up, start a clear liquid diet
- In the morning, take one dose (17 grams) of Miralax mixed with 4-8 ounces of water and take one Dulcolax tablet (5 mg)
- Do not have: red, purple, or orange liquids, or alcohol.
- Do not have any solid foods.
- [Please see our list of recommended clear liquids.](#)