



Bowel Prep Instructions for Dr. Hess

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What to buy: (you do not need a prescription; generic brands are acceptable)

- **Miralax** 238 grams
- **Dulcolax** (Bisacodyl) 5mg **Laxative** tablets. You will need 4 tablets.
- **One 64-ounce bottle of Gatorade, Powerade, G2, Powerade Zero or other Clear Electrolyte Beverage** DO NOT refrigerate the drink before you mix in the Miralax - it makes it difficult to dissolve the powdered Miralax

The day before your Prep:

- In the morning pour out 1 1/2 cups of liquid to make room in the bottle for the Miralax. Pour the entire bottle of Miralax into the bottle of liquid, shake well, then refrigerate. Miralax will not change the flavor or appearance of your beverage, so label the bottle once it is mixed.
- Try to only drink liquids all day, crackers or toast are ok.
- Drink plenty of liquids throughout the day to avoid dehydration.

The day of your Prep:

- **When you wake up in the morning**, take 4 Dulcolax tablets with a glass of liquid.
- **Mid-morning (around 9:00am)** begin drinking the Miralax solution. Drink approximately 8 ounces every 20-30 minutes until you finish half of the bottle (4 cups). If you begin feeling bloated or nauseated, you may take a break until you feel better.
- **Mid-day (around 3:00pm)** start drinking the 2nd half of the Miralax solution. Drink approximately 8 ounces every 20-30 minutes until you have finished the bottle.
- **Nothing to eat or drink after midnight.** This means NO food, water, gum, hard candy, or use of tobacco products or e-cigarettes.