

The Centre for Digestive Health

Grosvenor Medical Centre, Nassau, Bahamas.

MiraLax Colonoscopy Bowel Prep

Two Days before the procedure

1. **No Solid Food.** Persons who **must eat** can have **light** and low fibre meals. Avoid fruits, vegetables, and whole grains.
2. You may have tea with no milk, fruit juice, water and soup broth only. Drink **lots** of clear liquids. No milk products.
3. Discontinue any iron supplements

One Day before the procedure

4. **No Solid Food. Clear Liquids Only. No Milk products.**
5. Around 12 noon begin drinking the MiraLax solution every 15 to 20 minutes until entirely consumed.

Mix 8.3ozs container of MiraLax powder with 64oz of any clear liquid with electrolytes like Gatorade. Do Not Use Water.

6. At 8 pm: Take two (2) Dulcolax tablets.
7. No food or drink to be taken after bedtime.

Procedure day

8. **No Solid Foods and No Liquids**
9. At 7:00 a.m. insert one dulcolax suppository into the rectum. May be omitted if you are certain that the bowels are clear.
10. Evacuate your bowels one final time before traveling to the Centre.