

# Pearl Surgicenter

## Colonoscopy Preparation Instructions: Constipation

### You will need:

In addition to your prescribed bowel preparation, purchase the following (no prescription required):

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

- In the morning, take one dose (17 grams) of Miralax mixed with 4-8 ounces of water and take one Dulcolax tablet (5 mg)
- Begin your clear liquid diet and follow your preparation instructions

