

BOWEL PREP CARD (weight = more than 66 pounds) 🍌

(PREP TO BE DONE THE DAY BEFORE YOUR SCHEDULED COLONOSCOPY)

8:00 AM

Light breakfast followed by clear liquid diet



12:00 PM

2 Dulcolax (Bisacodyl) tablets by mouth or 2 Ex-lax squares by mouth

Note: You may crush the tablets if you have any difficulty in swallowing.



1:00 PM

Mix 15 capfuls of Miralax (Polyethylene glycol) in 64 ounces of clear liquid and drink over 2-3 hours



5:00 or 6:00 PM

Take 2 Dulcolax (Bisacodyl) tablets or 2 Ex-lax squares by mouth



8:00 or 9:00 PM

If the stools continue to be pasty brown or hard brown/ green, please take 10 oz of Magnesium Citrate and continue to drink clear liquids until midnight



8:00 or 9:00 PM

If the stools are watery, clear, greenish/yellowish, you may continue to drink clear liquids until midnight

