



## RENAL FAILURE BOWEL PREPARATION

**The following will be needed for the bowel preparation.**

1. GATORADE (64 ounces) of lemonade or other CLEAR liquid (two 32 Oz. bottles; this can be any type of CLEAR liquid)
2. DULCOLAX 5mg tablets (four tablets)
3. MIRALAX BOTTLE 238 grams (over the counter only)

**The DAY BEFORE colon procedure:**

Clear Liquids ONLY

No Solid Food

Examples of CLEAR LIQUIDS: Water, clear fruit juices such as apple or white grape, chicken or beef bouillon, jello (no RED or PURPLE), clear Gatorade, popsicles (no RED or PURPLE), clear soft drinks, coffee without cream or sugar.

NO MILK OR MILK PRODUCTS. NO ORANGE JUICE. NO RED OR PURPLE JELLO OR JUICES.

**2 PM:** Drink 8 ounces of clear liquids

**3 PM:** Take 2 DULCOLAX tablets

**4 PM:** Drink 8 ounces of clear liquids

**5 PM:** Mix the entire bottle of MIRALAX into the 64 ounces of GATORADE or (Put half the bottle in each 32 ounce bottle). Shake the solution until fully dissolved. Drink an 8 ounce glass every 15 minutes until the solution is gone.

**7 PM:** Take the last 2 DULCOLAX tablets.

**8 PM & 9 PM:** Drink 8 ounces of clear liquids

**NOTHING BY MOUTH AFTER MIDNIGHT.**

**The DAY OF the colonoscopy or colon surgery:**

Take any necessary medications with a sip of water but nothing to eat or drink until after your procedure is completed.

**NOTES ABOUT YOUR BOWEL PREPARATION:**

REMEMBER: The preparation is very important. An adequate clean out allows for the best evaluation of your entire colon. During the prep, using baby wipes may ease some of your discomfort.

If you develop discomfort or bloating stop drinking the solution for 30 minutes then restart the prep. Nausea cramping and abdominal fullness are the most common adverse reactions with the bowel prep.