



Dr Beck Bowel Prep Instructions

You will need to purchase two (2) 8.3oz bottles of Miralax and 12 Dulcolax tablets which are all over the counter at any pharmacy or drugstore.

Two weeks prior:

Stop any herbal medications like fish oil

One week prior:

Stop taking any iron supplements and Pepto-Bismol.

Stop taking aspirin, Vitamin E, Motrin, Advil, Aleve, etc. Stop taking any blood thinners (Coumadin, Warfarin, Plavix, if approved by your physician).

Three nights prior:

Take 2 Dulcolax tablets (do not crush or chew)

Two days prior:

You will need to be on clear liquids all day. You will also need to start your bowel prep to clean out your colon.

Clear Liquids include:

- Juices without pulp (apple or lemonade)
- Tea or coffee (no milk products or creamers)
- Jell-O (No red or purple)
- Popsicles or ices (No red or purple)
- Gatorade (No red or purple)
- Water
- Soft drinks
- Clear soups, broths, or bouillon
- Kool-aid (No red or purple)

1. Take 4 Dulcolax tablets at 10am with a full glass of water (do not crush)
2. Mix one 8.3oz bottle of Miralax with ½ gallon of water or Gatorade (keep refrigerated); between 2pm and 6on drink 8oz every 10-20 minutes until gone.
3. Take 2 Dulcolax tablets at 8pm

One day prior:

Continue clear liquid diet

1. Take 4 Dulcolax tablets at 10am with a full glass of water (do not crush)
2. Mix one 8.3oz bottle of Miralax with ½ gallon of water or Gatorade (keep refrigerated); between 2pm and 6on drink 8oz every 10-20 minutes until gone.

For questions, call 316-263-0296