

Bowel Purge Instructions: MiraLAX® and Gatorade®

Why do I need to do a bowel purge?

The purpose of a **bowel purge** is to empty your body of stool (poop) that has built up in your colon. You may need to do a bowel purge if you have a problem emptying your bowels completely, or if you had an x-ray that shows your colon is full of stool and you have overflow diarrhea (leaking soft or liquid stool caused by constipation). You may also do a bowel purge before starting a new laxative or fiber.

What do I need to buy?

- 2 Dulcolax® tablets (each tablet contains 5 mg bisacodyl)
- 1 bottle of MiraLAX® (238 gram bottle)
- 2 bottles (32 ounces each) of Gatorade® (any color or flavor is fine). If you are diabetic, you may drink low sugar Gatorade®.

What are my instructions for my bowel purge?

1. **2 hours before** you plan to start drinking the MiraLAX® and Gatorade® mix for your purge, take 2 Dulcolax® tablets by mouth with water.
 - Do not crush or chew the tablets.
 - Do not take the tablets within 1 hour of taking an antacid (such as TUMS® or Pepcid® AC).
 - You can expect that your first bowel movement of your purge will be 6-8 hours after taking the tablets.
 - Once you take the tablets, **you will need to be by a bathroom for at least 1-2 days.**
2. Mix 64 ounces (2 bottles) of Gatorade® with 238 grams (1 bottle) of MiraLAX®.

3. Drink all of the MiraLAX® and Gatorade® mix within the next 24 hours.

How do I start my new laxative or fiber after my bowel purge?

If your doctor has prescribed a laxative or fiber for your bowels, wait 1 day after you've finished drinking the MiraLAX® and Gatorade® mix and then start the new medication.

Contact the Michigan Bowel Control Program nurses if you'd like help on finding a daily laxative therapy plan that works for you. You can call (734) 763-6295 (option 3) or send a message through the online patient portal at MyUofMHealth.org.

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