

# Bowel Purge Instructions: MiraLAX® and Gatorade®

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## 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.

If you have questions, please call or send your doctor a message through the online patient portal at [MyUofMHealth.org](https://myuofmhealth.org).

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