

## Cleaning Your Bowel for Radiation Therapy

It will be important for your bowel to be empty for your treatment. To do this, you will need to follow a clear liquid diet and drink a mixture to help clean your bowel. We call this mixture your “bowel prep.” This helps to prevent infection from your procedure.

### Purchasing Your Bowel Prep

A few days before your procedure, purchase these items at your grocery store or pharmacy.

- MiraLAX®, 238-gram bottle
- Dulcolax®, box of 4 tablets
- A sports drink such as Gatorade. One 64-ounce bottle.

You can buy the generic versions of these products. Check with the pharmacist to make sure you get the right medicines.

### The Day Before Your Procedure

The day before your procedure you will begin your clear liquid diet and bowel prep. This will cause you to have many watery bowel movements. You will want to plan your day in case you need to go to the bathroom quickly.

**Follow a clear liquid diet all day. Do not eat any solid foods from when you start your day until after your procedure.** Ask your doctor about medicines you should take this day. A clear liquid diet includes eating and drinking only the following:

- Broth: beef, chicken, or vegetable
- Coffee, without milk or cream
- Gelatin, without fruit
- Juice: white grape, apple or lemonade without pulp
- Popsicles, without fruit or cream
- Sodas, diet or regular
- Sports drinks

Complete your bowel prep. **Follow these steps:**

1. **First thing in the morning.** Mix all of the MiraLAX® into the sports drink. Shake the bottle until all of the MiraLAX® has dissolved. Put the mixture into the refrigerator. You will use it later in the day.
2. **At 10:00 a.m.,** take four Dulcolax® tablets.



3. **At noon,** shake the MiraLAX® and sports drink mixture again. Drink 8 ounces (1 cup) of the mixture every 10-15 minutes until you have taken one-half of the mixture. Put the rest in the refrigerator.



4. **At 8:00 p.m.,** drink 8 ounces (1 cup) of the mixture every 10-15 minutes until you have finished the entire bottle.



5. **After midnight,** do not eat or drink anything unless your doctor tells you to.

