



## Miralax Prep Instructions

### You need to purchase:

- One 238 gram bottle of Miralax (over the counter)
- 4 Dulcolax/ bisacodyl tablets (over the counter)
- 4 gas relief tablets (simethicone, Gas-X)
- 64 oz. (two 32oz. bottles) of Gatorade (NO red or purple coloring)
- One bottle of Magnesium Citrate (over the counter – one size)

### On the DAY BEFORE your procedure:

Only drink **CLEAR** liquids the entire day. There is no restriction on the amount you can drink.

#### Clear Liquid Diet Consists of:

Water, white grape juice, apple juice, plain bouillon, tea, coffee (no creamer or sugar), plain Jell-O (no fruit topping or additives), popsicles, sugar free soft drinks, Gatorade/Pedialyte.

NO red or purple products.

NO solid foods, milk, or alcohol.

*You may drink any clear liquids up to 6 hours prior to the procedure. It is important to drink extra clear liquids during and after the prep to prevent dehydration!*

**3pm** – Take two Dulcolax tablets with at least 8oz of clear liquid.

**6pm** – Mix 238 gram bottle of Miralax with 64 oz. of Gatorade (no red or purple). Drink an 8oz. glass every 15-20 minutes until gone (approx. 1.5-2hrs). Take two gas relief tabs.

**9pm** – Take two Dulcolax tablets with at least 8 oz. clear liquid.

**10:00pm** – Take two gas relief tabs. If your stool is not clear-yellow liquid, take Magnesium Citrate. If you are not sure if stools are acceptable, take the Magnesium Citrate.

**6 hours prior to procedure** – Nothing by mouth including: Candy, mints, gum, tobacco products, or marijuana. *Otherwise, your procedure will be delayed or cancelled. This is for your safety!*

***Diabetics: Use G2 (Gatorade), this product has less sugar than regular Gatorade. You must contact your primary doctor or Endocrinologist regarding your diabetic medications.***