



KANSAS GASTROENTEROLOGY

KANSAS ENDOSCOPY



Miralax Prep Instructions

You need to purchase:

- One 238 gram bottle of Miralax (over the counter)
- 4 Dulcolax/ bisacodyl tablets (over the counter)
- 64 oz. (two 32oz. bottles) of Gatorade (NO red or purple coloring)

On the DAY BEFORE your procedure:

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

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).

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

10:00pm – If your stool is not clear-yellow liquid, take 3 more scoops of Miralax in 1 cup of clear liquid and an additional 2 dulcolax tablets.

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.

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