

Miralax Prep Instructions

PURCHASE OVER THE COUNTER PRIOR TO YOUR PROCEDURE DATE

- Miralax 238 gm (8.5 oz.) bottle.
- Gatorade two 28-32 oz. bottles (not red or purple).
- Dulcolax tablets or the generic equivalent. You will need four 5mg tablets.
- Milk of Magnesia (purchase the smallest bottle available).

3 DAYS PRIOR TO PROCEDURE

No raw vegetables, salads, fruits, seeds, nuts, or corn.

2 DAYS PRIOR TO YOUR PROCEDURE

After an early dinner, drink 30 ml of Milk of Magnesia then drink 16 to 24 oz. of clear liquids.

BEGIN CLEAR LIQUID DIET FROM THIS POINT ON. NO SOLID FOODS.

1 DAY BEFORE YOUR PROCEDURE

Noon Drink 30 ml of Milk of Magnesia, then drink 16 to 24 oz. of clear liquids.

4 p.m. Take four (4) Dulcolax tablets with 8 to 16 oz. of clear liquids.

6 p.m. Mix half the bottle of Miralax with a bottle of Gatorade and drink over an hour.

Continue to drink clear liquids rest of the night.

If your procedure is before 1 p.m., take your last dose at:

11 p.m. Mix half the bottle of Miralax with a bottle of Gatorade and drink over an hour.

You are to have nothing by mouth after midnight (except for approved medication with small sip of water).

DAY OF PROCEDURE

If your procedure is after 1 p.m., take your dose at:

5 a.m. Mix half the bottle of Miralax with a bottle of Gatorade and drink over an hour.

You are to **have nothing by mouth after 6 a.m.**, (except for approved medication with small sip of water).

You are **not to have** things like water, gum, candy, mints, cough drops, chewing tobacco, Jell-O, or broth **after second dose is completed.**

Miralax Prep Instructions continued

CLEAR LIQUID OPTIONS (AVOID ANYTHING RED OR PURPLE)

- Apple juice
- Clear chicken or beef broth
- Clear fruit drinks without pulp
- Coffee/Tea (without dairy or non-dairy creamer)
- Gatorade
- Jell-O without fruit
- Popsicles
- Soft drinks
- Water
- White grape juice

NO ALCOHOLIC BEVERAGES DURING PREP

The success of your colonoscopy depends on full completion of your prep.

A successful prep means your bowel movements should be clear or yellow.