

MIRALAX COLONOSCOPY PREP

Your Procedure date is: _____

***You will need to purchase the following items from a grocery store or pharmacy:**

These items are not prescriptions and can be purchased at almost any grocery store or pharmacy.

- 4 Dulcolax 5 mg tablets (Bisacodyl tablets)
- 8 oz. Bottle of Miralax powder (Polyethylene glycol)
- 64 oz. Bottle of Gatorade (NOT Red or Purple - Diabetics should use a diet or low sugar Gatorade or soda)

Mix the 8 oz. Miralax & 64 oz. of Gatorade together and chill. The prep is tolerated best when cold.

The day before your procedure: (Date) _____

- Drink only CLEAR Liquids the entire day. (NO Red or Purple, NO pulp, NO Milk or Dairy products)
- At **2:00 pm** take two Dulcolax tablets & drink 32 oz. of the Miralax/Gatorade mixture (one 8 oz. glass every 15 minutes until consumed.)
- At **5:00 pm** take two Dulcolax tablets
- At **11:00 pm** drink the rest of the Miralax/Gatorade mixture (one 8 oz. glass every 15 minutes until consumed.)

*Continue drinking CLEAR liquids until bedtime. **Do Not eat or drink anything after midnight.***

CLEAR LIQUIDS (NO Red or Purple, NO pulp, NO Milk or Dairy products)

- Water
- Clear fruit juice – apple, white grape (No orange juice)
- Bouillon (No broth)
- Soda pop
- Plain jello
- Popsicles
- Coffee (you can have sugar but No cream)
- Tea (you can have sugar but NO cream)
- Gatorade or other sports drinks

***NO red or purple liquids of any kind**

***NO solid foods, pulp, milk or dairy products**