

MIRALAX PREP

FOLLOW THESE INSTRUCTIONS FOR YOUR PREPARATION

What you will need to successfully complete this Prep:

- Please pick up Dulcolax Laxative Tablets & 238 gram bottle of Miralax from the pharmacy. This is purchased over the counter.
- 64oz of clear liquid (Nothing Red or Purple). Purchase any clear liquid suggestions listed in your colon brochure.
- Simethicone Soft-Gel Tablets - 180mg (Ex: Gas-X, Phazyme, Mylicon)

DAY BEFORE YOUR PROCEDURE:

- *Eat a soft light diet until 8:00am. (Eggs, plain oatmeal, pudding, soups, applesauce)
- *Drink only clear liquids after 8:00am. **NO Solid Foods, Dairy/Milk Products, nothing Red or Purple.**

THE EVENING BEFORE YOUR PROCEDURE:

1. Beginning between 4:00pm, take 2 Simethicone Soft-Gel Tablets and then begin your prep. Take 4 Dulcolax Tablets with at least 8oz of clear liquids.
2. Continue clear liquids. Between 6:00pm - 7:00pm, mix the entire amount of Miralax with 64oz of Gatorade, Powerade or Pedialyte (NO Red or Purple). This will help prevent dehydration.
3. Drink one 8oz glass every 10-20 minutes until you have finished half of the liquid.

THE DAY OF YOUR PROCEDURE:

- *Continue a clear liquid diet, no solid food, milk or milk products.
- *6 hours prior to your arrival time, take 2 Simethicone Soft-Gel Tablets and drink the second part of your prep and finish the remaining Miralax/Gatorade Mix.

****Do Not Drink anything 4 hours prior to your arrival time****