

GATORADE / MIRALAX

You will need to purchase the following items from your local pharmacy before beginning this prep.

- 4 Dulcolax tablets (over the counter)
- 238 gram bottle of Miralax (over the counter)
- 32 oz. bottle of Gatorade (NO red or purple) x 2

One day before your procedure_____ **you will begin clear liquids all day.** Clear liquids are chicken, beef or vegetable broth, jello (no red or purple), sodas, tea, coffee (no cream), or fruit popsicles (no red or purple). **NO DAIRY PRODUCTS OR SOLID FOODS.** You may have as much clear liquids as you desire throughout the day.

In the morning, mix the bottle of Miralax into the two 32oz. bottles of Gatorade. ****Chilling will improve the taste****

At 3:00 pm, take four Dulcolax tablets.

At 5:00 pm, begin drinking the **mixed** solution of Gatorade (32 oz.) and Miralax (119gm) solution at a rate of 8oz. every 10-15 minutes. **You must drink the entire amount for adequate cleansing.**

At 9:00pm, begin drinking the **mixed** solution of Gatorade (32 oz.) and Miralax (119gm) solution at a rate of 8oz. every 10-15 minutes. **You must drink the entire amount for adequate cleansing.**

After you have completed ALL of the solution, you may return to consuming clear liquids. Do not drink anything after Midnight prior to your procedure unless you are instructed otherwise.

Please call our office if you have any questions about this bowel prep.
329-7933