

COLONOSCOPY PREP USING MIRALAX

You will need to obtain a bottle of Miralax from your pharmacy. It is an 8.3 ounce bottle (14 doses). It is over the counter and does not require a prescription. You will also need 2 quarts of Gatorade. It is very important to follow the instructions as directed.

NO SOLIDS ON _____ (ALL DAY)

***ONLY LIQUIDS ON THE LIST BELOW:**

- Water
- Soft drinks
- Kool-Aid
- Strained fruit juices without pulp (apple, white grape, white cranberry, lemonade, etc)
- Tea or coffee (no milk or non-dairy creamers) sweetener and sugar may be added
- Low salt chicken or beef broth/bouillon
- Hard candies
- Jell-O (no fruit or whipped toppings) **No red or orange**
- Popsicles, Italian ice (no ice cream, sherberts, or fruit bars)
- Gatorade/Powerade

****NO ALCHOLIC BEVERAGES**

****NO MILK OR DAIRY PRODUCTS**

On the morning of your prep, you will need to mix 2 quarts of Gatorade/PowerAde with the entire 8.3 ounce bottle of Miralax in a pitcher. You will need to place it in the refrigerator to become chilled until it is time to start the drinking the prep.

At 2 p.m. you will need to take 2 of the Dulcolax tablets attached to the sheet.

Starting at ____p.m. you will need to drink 8 ounces of Gatorade mixture every 15 minutes X 5 doses.

Starting at ____p.m. you will need to drink 8 ounces of Gatorade mixture every 15 minutes until completely gone.

5:00a.m. ---On the morning of your procedure, you will need to take the remaining 2 Dulcolax tablets with a sip of water.