

## MIRALAX PREP INSTRUCTIONS

**PURCHASE:** One 238g bottle of Miralax, one pack of Dulcolax Tablets, and (2) 32 oz. bottles of Gatorade.

On the day prior to your procedure:

**8:00 AM:** Mix 119g of Miralax (half of the bottle) with the first 32 oz. bottle of Gatorade; mix until dissolved and keep cold in the refrigerator.

**12:00 PM:** Take 3 Dulcolax tablets followed by plenty of fluids.

**5:00 PM - 6:00 PM:** Begin drinking the mixture, drink 8 oz. every 15 minutes until the solution is consumed.

**8:00 PM:** Mix the remaining half bottle of Miralax with the second 32 oz. of Gatorade and refrigerate, but do not drink the mixture.

Continue to drink at least 32 oz. of clear liquids until you go to bed.

**5 - 6 Hours Prior to Procedure:** Start drinking the mixture, 8 oz. every 15 minutes until the solution is consumed, followed by 32 oz. of clear liquids. NO MORE LIQUID 4 hours before your procedure