



## **MIRALAX PREPARATION**

You will not need a prescription for this preparation.

## **GENERAL INSTRUCTIONS**

Supplies Needed:

- 8.3 oz Miralax/EZ2GO or Generic powder
- 10 oz Magnesium Citrate
- 4 Dulcolax or Bisacodyl laxative tablets
- Tush wipes
- 64 oz Gatorade (or equivalent)- lemon lime flavor preferred (NOT RED or PURPLE)

## **3 DAYS PRIOR TO PROCEDURE**

Stop eating all nuts, seeds and popcorn.

## **1 DAY PRIOR TO PROCEDURE**

You may only have clear liquids this day. Drink at least 8 glasses of water to avoid dehydration.

12:00 PM - Please take 4 Dulcolax tablets with a full glass of water.

5:00 PM – Mix 64 oz. of Gatorade (NOT RED or PURPLE) with Miralax and place in refrigerator.

6:00 PM – Drink one 8 oz. glass of Miralax/Gatorade solution every 15 minutes for a total of 8 glasses.

8:00 PM – Do not drink anything after midnight. You may take your morning medications at least 3 hours before your procedure with 4 oz. of water.

## **DAY OF PROCEDURE**

4 hours before procedure drink magnesium citrate.

3 hours before procedure STOP drinking all liquids.

**CLEAR LIQUID DIET LIST:** Avoid all red and purple liquids.

Soft drinks

Strained fruit juices without pulp

Water, tea, coffee (no milk or creamer)

Chicken or beef bouillon/broth

Hard candies

Popsicles (no sherbet or fruit bars)

Jell-O (no fruit or toppings)