

MIRALAX BOWEL PREP

SUPPLIES TO PURCHASE

Purchase the following medications at least 2 days prior to your procedure. If you have kidney issues or cannot afford the prep, call our office.

- Two bottles of Miralax 238g (powder)
- Dulcolax 5mg tablets (bisacodyl)
- Two 32 ounce bottles of Gatorade or Powerade (no red) or Crystal Light

5 DAYS BEFORE PROCEDURE

Stop foods that contain skins, hulls, seeds and nuts (peanuts, popcorn, grapes, beans, peels of apples/potatoes, strawberries, tomatoes, bread with seeds, rice, etc.). No salads.

1 DAY BEFORE PROCEDURE

- **No** solid foods
- **No** dairy products
- **No** red, orange, or purple liquids (Jell-O, sports drinks, juices or popsicles). Other colors are okay.
- Start clear liquid diet. Examples include: juice (white grape, white cranberry, lemonade), clear broth, soda (7-UP, Coke, etc.), black coffee and tea, popsicles, plain Jell-O (no fruit chunks), sports drinks, and Ensure Clear.

8AM – Mix the entire bottle of Miralax powder into each of the 32 ounce Gatorade bottles (1 bottle of Miralax per 1 bottle of Gatorade). Shake well and refrigerate.

3PM – Take 2 Dulcolax tablets with 8 ounces of water

6PM – Drink one bottle of the Gatorade/Miralax mixture quickly

8PM – Take 2 Dulcolax tablets with 8 ounces of water

DAY OF PROCEDURE

7 Hours before procedure

- Drink the second Gatorade/Miralax mixture quickly

4 Hours before procedure

- **Stop** all waters/liquids
- **Stop** all candy, mints, chewing tobacco, smoking, and gum

*****DO NOT EAT SOLID FOODS THE DAY BEFORE THE PROCEDURE. DO NOT EAT OR DRINK ANYTHING 4 HOURS PRIOR TO PROCEDURE TIME. *****

It is normal to feel abdominal cramping and bloating and have multiple loose stools during the prep period. Nausea and vomiting may also occur. Complete all of the prep if possible. A successful prep is when your bowel movements are a **clear, yellow liquid**.

**If you have any questions, call 812-882-2703 and ask for a nurse.