

## Miralax/Gatorade Bowel Preparation

### Importance of DRINKING LIQUIDS during the bowel preparation process

During bowel preparation you will lose significant amounts of fluid. THIS IS NORMAL. It is very important that you replace this fluid to prevent dehydration. Drink large amounts of clear liquids. Drinking large amounts of clear liquids also helps ensure that your bowel will be clean for the examination. A completely clean colon may help avoid the need for a repeat exam.

Read carefully. Follow the steps listed below

### **Purchase both at the Drugstore.**

(Over the counter)

Miralax: 238 grams.

4 Dulcolax 5mg Tablets

64oz Gatorade, Propel, water or other clear liquid, Diabetic patients- use crystal light



### **DAY BEFORE EXAM**

**8:00 a.m.**

**Do not eat** until after your procedure,

**Clear liquids only** (see list)⇒

**Keep Hydrated all day.**

### **ALL DAY LONG**

#### **CLEAR LIQUIDS DIET LIST**

(DO NOT DRINK ANYTHING COLORED RED OR PURPLE)

Water, tea or coffee (no milk or non-dairy creamer) sweeteners are o.k.

Soft drinks (7-up, cola, ginger ale, orange, Sprite, etc.) Gatorade, Propel, Kool-Aid, lemonade.

Strained fruit juices; without pulp. (apple, white cranberry, orange, white grape, etc.)

Low sodium chicken or beef bouillon/broth  
Hard candies, Jell-O, Popsicles  
NO sherbets or fruit bars

*Your body loses significant amounts of fluid during bowel preparation.*

*In order to prevent dehydration, it is important to supplement that fluid loss with clear liquids.*

*Make a conscious effort to drink as much as you can before, during, and after the preparation.*

### **Evening before procedure, Split Dose (1-Day) Regimen**

**2:00 p.m.** take 2 Dulcolax 5mg laxative tablets

mix the **238g bottle** of Miralax in 64 ounces of cold clear liquid of your choice.

**(Mix entire bottle) POP and juice not recommended**

**4:00 p.m. First dose: (You may vary times by 2 hours - between 4:00 to 6:00 pm)**

Start drinking the Miralax mix. Drink 4 glasses. Drink 1 (8 oz. glass) every 30 minutes.

**6 hours after 1<sup>st</sup> dose**

**10:00 p.m. to 12:00 a.m. Second dose:**

Take 2 Dulcolax 5mg laxative tablets

Start drinking the Miralax mix. Drink 4 glasses. Drink 1 (8 oz. glass) every 30 minutes until gone

You may drink any clear liquids up until 1:30 a.m.

**NOTHING TO DRINK AFTER 1:30 a.m. or the morning of your procedure!!!**

For coupons online see website: <https://www.miralax.com/coupons-and-offers>