

One Day Miralax Prep

Date: _____

Arrival Time: _____

Before the procedure, buy:

One (1) Bottle of Miralax(238 grams), One 64 oz. bottle of Gatorade (or PowerAde or iced tea. Please avoid red, blue or purple), Four (4) 5 mg Dulcolax tablets (not the stool softener), One (1) small package of Gas-X (Simethicone 125mg), at least three tablets.

**Day
before**

1

Mix the bottle of Miralax powder in 64 oz. of Gatorade (or Powerade). Shake well and refrigerate.

**Before 10 am
day before**

2

You can have a light breakfast before 10 am, such as eggs, white toast, or yogurt. Avoid whole grains, nuts, fruits and veggies. Clear liquids only after 10 am.

**12 pm
day before**

3

Take two (2) Dulcolax tablets with 8 oz. of water. Drink 1-2 glasses of clear liquid every hour while awake.

**5 pm
day before**

4

Drink one glass of the MiraLAX/Gatorade solution every 15 minutes until you have finished half of the 64 oz. bottle.

**7 pm
day before**

5

Take two (2) Dulcolax tablets and three chewable Gas-X. Continue drinking one glass of water or clear liquid every hour while awake.

**Five hours
before
procedure**

6

Drink one glass of the MiraLAX/Gatorade solution every 15 minutes until you have finished the second half of the 64 oz. bottle. Do not drink any liquids four (4) hours before your procedure. Do not chew gum or suck on hard candy.