

Two Day Miralax Prep

Date: _____

Arrival Time: _____

Before the procedure, buy:

Two (2) bottles of MiraLAX (238 grams each), Two (2) 64 oz. bottles of Gatorade or Powerade (avoid red, blue or purple), Eight (8) 5 mg Dulcolax tablets (not the stool softener), One small package of Gas-X (Simethicone 125 mg), at least three tablets.

**Two days
before**

1

Mix the bottle of Miralax powder in 64 oz. of Gatorade or Powerade. Shake well and refrigerate. You can have a light breakfast before 10 am, such as eggs, white toast, or yogurt. Avoid whole grains, nuts, fruits and veggies. After 10 am drink clear liquids only.

**Noon
two days
before**

2

Take two Dulcolax tablets and a glass of water. Stay on “full liquids” (pudding, yogurt, soup, ice cream). Consume 1 to 2 glasses of water or full liquid every hour while awake.

**5 pm
two days
before**

3

Drink one glass of the Miralax/Gatorade solution every 15 minutes until you have finished the entire first bottle (64 oz). Take two (2) Dulcolax at bedtime.

**10 am-noon
day before**

4

Stay on “full liquids” until 10 am and then drink clear liquids only until four hours prior to the procedure. Take two (2) Dulcolax tablets at noon and continue drinking 1-2 glasses of water or clear liquid every hour while awake.

**5 pm
day before**

5

Drink one (1) glass of the Miralax/Gatorade solution every 15 minutes until you have finished half of the second bottle (32oz). Put the rest in the fridge.

**7 pm
day before**

6

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

**Five hours
before
procedure**

7

Drink the remaining half of the second bottle of the Miralax/Gatorade solution (32oz). Do not drink any liquids four (4) hours before your procedure. Do not chew gum or suck on hard candy.