

## Multi-Day Miralax/Golytely Prep

**Date:** \_\_\_\_\_

**Arrival Time:** \_\_\_\_\_

### Before the procedure, buy:

One (1) bottle of Golytely (Rx), One (1) bottle of Miralax, Two (2) 64 oz. bottles of Gatorade or Powerade (avoid red, blue or purple), Four (4) 5 mg Dulcolax tablets (not the stool softener), One small package of Gas-X (Simethicone 125mg), at least three tablets.

**Five, four,  
three, and  
two days  
before**

**1**

Mix the two (2) capfuls of Miralax powder in 32oz. of Gatorade (or Powerade) each day for four days before the procedure.

**Before 10 am  
one 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. Take two (2) Dulcolax tablets with glass of clear liquid at 10 am. Drink clear liquids every hour while away.

**4 pm  
one day before**

**3**

Start drinking one (1) glass of Golytely/Nulytely every 15 minutes until you have finished half of the container. If you get nauseated or bloated, stop drinking and lay on your right side until symptoms are relieved.

**Five hours  
before  
procedure**

**4**

Drink one (1) glass of Golytely/Nulytely every 15 minutes until you have finished the second half of the container. Take three Gas-X tablets.

**Four hours  
before  
procedure**

**5**

Do not drink any liquids, chew gum, or suck on hard candy four (4) hours before your procedure