

# One Day MiraLAX Prep

Date of Procedure: \_\_\_\_\_

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

## Before the procedure, buy:

One (1) Bottle of MiraLAX (238 grams), One (1) 64 oz. bottle of Gatorade (or Powerade or iced tea. Avoid red, blue, or purple), Four (4) 5 mg Dulcolax stimulant laxative tablets (not the stool softener), One (1) small package of Gas-X (Simethicone 125 mg), at least three tablets and soft, cleansing wipes.

One day before  
8am

1

Mix the **bottle of MiraLAX powder** in 64 oz. of clear liquids. Mixing the MiraLAX in a variety of clear liquids will make the prep more tolerable. Shake well and refrigerate. You can have a **light breakfast before 10am**. Avoid whole grains, nuts, fruits, and veggies.

**Clear liquids only after 10am.**

One day before  
10am

2

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

One day before  
12pm

3

Drink the MiraLAX solution until you have **finished the first half of the 64oz bottle**. Drink the MiraLAX/clear liquid mixture through a straw. Continue drinking 1 glass of clear liquid every hour while awake.

One day before  
7pm

4

Take **two (2) Dulcolax tablets**. Continue drinking 1 glass of water or clear liquid every hour while awake.

Five hours before  
arrival time

5

Drink **1 glass of the MiraLAX solution** every 15 minutes until you have **finished the second half of the 64oz bottle, within one hour.**

Take **three (3) chewable Gas-X**.

**Do not drink any liquids 4 hours before your arrival time.**

Do not chew gum or suck on hard candy. This is important to ensure your stomach is empty prior to the sedation medication.

## Note:

If you have bowel prep questions, please call after 7am and our staff can assist you at 535-1131.