

## Multi-Day MiraLAX/Golytely Prep

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

### Before the procedure, pick up:

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

Five days before

1

Mix **two (2) capfuls of MiraLAX powder in 32 oz.** of Gatorade (or Powerade) on **Day 5, Day 4, Day 3, and Day 2** before the procedure. Drink the 32oz mixture each day

One Day Before

2

Begin a clear liquid diet as soon as you wake up. **NO SOLID FOOD**  
**Review the TIP for GI Procedures for more information**  
Take two (2) Dulcolax tablets with a glass of clear liquids at 10am. Drink a glass of clear liquid every hour while awake.

One Day Before  
4pm

3

Start drinking **one glass of Golytely every 15 minutes** until you have finished half of the container. Take breaks in between prep and small sips of clear liquids. **If you experience nausea, SLOW down!** Place a cold facecloth on your forehead and back of your neck and rest. Drink 1-2 glasses of clear liquid every hour while awake. **Broth is an excellent clear liquid choice as it provides salt and electrolytes to help your prep with success!**

Five hours before  
your arrival time

4

Drink **one glass of the laxative every 15 minutes** until you have finished the second half of the container. **Take three (3) Gas-X tablets.** The other half of the container must be finished 5 hours before your procedure arrival.

4 hours before  
your arrival time

5

**Do not drink any liquids 4 hours before your procedure.** Do not chew gum or suck on any hard candy. This is important to make sure that your stomach is empty prior to the sedation medication.

**Note: If you have questions regarding prep, please call after 7 am and our staff can assist you.  
207-535-1100 option #5**