



INSTRUCTIONS FOR YOUR BOWEL PREPARATION With Miralax/Gatorade

READ CAREFULLY

- Do not exceed recommended dosage as serious side effects may occur.
- Failure to follow these instructions may result in a repeat prep and examination!
- **YOU CANNOT DO THIS PREP IF** you have a history of congestive heart failure, severe liver disease, or chronic renal failure. Please call the office to discuss other options.

PURCHASE 3 DAYS BEFORE:

- Obtain an 8.3oz (238gm) bottle of Miralax from the pharmacy. No prescription is needed.
- Obtain 4 Dulcolax Laxative tablets (not stool softener) from the pharmacy. No prescription is needed.
- Obtain a total of 64oz of Gatorade. You will need to get two 32oz bottles. **NO RED OR PURPLE!!!** If you have diabetes or need to watch your salt intake, try the G2 (low calorie) or Powerade option/zero as another choice.

DAY BEFORE EXAM:

- Allowed: Drink only clear liquids for breakfast, lunch, and dinner. Clear liquids include all of the following that are not red or purple in color: Strained fruit juices without pulp, water, clear chicken broth or bouillon, coffee or tea (without milk or creamer), carbonated and non-carbonated soft drinks including 7-up, Sprite, Vernors, Slice, Orange pop or Kool-Aid but **NOT** Coke or Pepsi!!!
- Not Allowed: Solid foods, milk or milk products, alcoholic beverages, Coke or Pepsi.
- At 3pm take 2 of the Dulcolax tablets.
- At 5pm mix the entire bottle (8.3oz) of Miralax powder in with 64oz of Gatorade. Drink an 8oz glass every 10-15 minutes until gone.
- At 8pm take the other 2 Dulcolax tablets.

If you have any questions regarding this prep, please call 248-471-8982