



Extended Miralax Prep

Purchase at Pharmacy: (All over the counter)

1. 4 Dulcolax laxative tablets
2. Small bottle Milk of Magnesia
3. Miralax 238 gram bottle
4. 10 oz. bottle Magnesium Citrate
5. 64 oz. Gatorade or Crystal Lite any flavor EXCEPT red, water or any of the “clear liquids” listed at bottom of sheet.

7 days prior to the procedure:

Restricted residue diet. Do **NOT** eat nuts, seeds, popcorn or corn. Discontinue fiber supplements such as Metamucil, Citrucel, Fibercon, etc.

3 days prior to the procedure:

Take 2 Tbsp. Milk of Magnesia at bedtime.

2 days prior to the procedure:

At 6pm: Take entire 10 oz. bottle Magnesium Citrate.

At bedtime: Take 2 Tbsp. Milk of Magnesia.

1 day prior to the procedure:

1. You will be on clear liquids from time you awaken (for breakfast, lunch and dinner) See list below for clear liquids.
2. At 3:00 pm: Take 2 Dulcolax tablets.
3. At 5:00pm: Mix the entire 238 gram bottle of Miralax with your 64 oz. clear fluid. Mix until dissolved. Drink an 8 oz. glass every 30 minutes until the solution is gone. It is important that you complete the ENTIRE mixture.
4. At 8:00pm: Take 2 Dulcolax tablets.
5. Continue on clear liquids until bedtime.

On the day of the procedure:

Do not eat or drink anything this day.

** If you take medications, you will be advised as to whether you should take them or hold them until after the procedure.

NO DRIVING!!! You may **NOT** drive; use a taxi or bus after the procedure. You must be accompanied by an adult. If this procedure is not followed, the facility may cancel your appointment.

Clear Liquid Diet: Clear broth soup, bouillon or consommé. Coffee and tea are allowed but NO dairy, milk or cream, this includes powdered creamers. All soda is allowed. Juice: **NO RED** juices. Allowed: apple, white grape, white cranberry juices and strained lemonade. You may have Italian ice, popsicles and Jell-O (NOT RED).