



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. 64 oz. Gatorade® or Crystal Lite® any flavor EXCEPT red, water or any of the “clear liquids” listed at bottom of sheet.

2 Days prior to the procedure:

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 2:00 pm: Take 4 Dulcolax® tablets.
3. At 4:00pm: Mix the 238 gram bottle of MiraLAX® into the 64 oz. of Gatorade® (Crystal light® or any of the clear liquids listed at the bottom of the page.)
Keep this mixture chilled and drink an 8 ounce glass every 30 minutes until the solution is gone.
4. Continue on clear liquids until bedtime.

Day of procedure:

DO NOT eat or drink anything until AFTER your procedure.

** 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. 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).