

MiraLAX Preparation

PLEASE READ ALL INSTRUCTIONS AHEAD OF THE PROCEDURE DATE.

CALL OUR OFFICE IF YOU HAVE QUESTIONS / CONCERNS: 985-446-1958

YOU NEED TO BUY THE FOLLOWING ITEMS:

1. **64 oz of Gatorade®** (Regular Gatorade®— no red or purple – all other colors are acceptable). If you do not like Gatorade® OR if you have diabetes, you may **use water** 64 oz and mix it with **crystal light powder** (optional for enhancing flavor, no red or purple). Refrigerate if you prefer to drink it cold.

2. **6 Dulcolax laxative tablets** (not suppository or stool softener)



3. **MiraLAX 238 gram powder (14 DAY BOTTLE)**



****PLEASE NOTIFY YOUR PHYSICIAN IF YOU HAVE KIDNEY DISEASE OR KIDNEY PROBLEMS.****

| 2 days prior to procedure | 1 day prior to procedure | Day of procedure |
|---------------------------|--------------------------------------|--------------------------|
| Start Low residue diet | Start Clear Liquid Diet & Begin Prep | Arrive at scheduled time |

LOW RESIDUE DIET - TWO DAYS PRIOR TO PROCEDURE

Allowed: Fish, white meat chicken, eggs, white rice, bread, crackers, soups, broth, noodles, clear fruit juices, clear beverages, potato with no skin, gelatin, fruit ice, popsicle, jelly, plain yogurt (limit 2 cups), salt, pepper, sugar

Avoid: all fruits (fresh, dried or seeds), all vegetables, nuts, cloves, marmalade

CLEAR LIQUID DIET - ONE DAY PRIOR TO PROCEDURE

The day before the procedure, remain on a clear liquid diet all day.

This includes any liquid, which when held up to a light, can be seen through.

Examples:

- Broths and Bouillons
- Fruit Juices (apple, grape, white cranberry, tang, strained lemonade / orange juice)
- Beverages such as coffee (NO milk/creamer), tea, carbonated beverages (soda/cola)
- Dessert such as popsicles, Jell-O, honey, syrup

****No liquid that contains RED or PURPLE dye is allowed.****

Drink plenty of clear liquids to avoid dehydration.

Do not eat/drink anything after midnight the night before your procedure except as instructed below:

PREP INSTRUCTIONS

****It is important to drink the entire contents of the solution.****

DOSE #1: 5:00 PM THE EVENING BEFORE YOUR PROCEDURE

1. Take 3 Dulcolax laxative tablets with water by mouth.
2. Mix 238 grams of Miralax (entire contents of bottle) with 64 oz of Gatorade. Stir/Shake until Miralax is completely dissolved.
3. Begin drinking 8 oz of Gatorade/Miralax solution every 15 minutes over the next hour (total of 4 glasses of solution). Drink the liquid slowly to prevent nausea.

DOSE #2: _____

1. Take 3 more Dulcolax laxative tablets with water by mouth.
2. Drink 8 oz of Gatorade/Miralax solution every 15 minutes over the next hour (total of 4 glasses of solution). Again, drink the liquid slowly to prevent nausea.
