

MiraLAX Bowel Prep

ON THE DAY BEFORE YOUR PROCEDURE:

- **DO NOT eat any solid foods**
- DO NOT drink any dairy products or use any creamers
- DO NOT eat sherbets or fruit bars
- DO NOT have anything red or purple
- DO NOT drink anything cloudy. This includes orange juice
- **You may drink clear liquids- only**

MiraLAX- Gatorade Prep- Over the counter No RX needed

Purchase the following at your local pharmacy over the counter

- 4 laxative **TABLETS** containing 5mg of Bisacodyl (LAXATIVE NOT A STOOL SOFTNER) each (it is a tablet and not the suppository)
- 1 8.3oz bottle MiraLAX (238 grams)
- 64oz clear liquid (NOT red or purple) Gatorade, G2, Gatorade Ice, PowerAde or PowerAde Zero, or any clear liquid (orange, yellow, frosty/ light blue okay)

1. At 3:00pm the day before your procedure:

- a. Take 4 laxative Bisacodyl tablets. Mix 64oz liquid with 8.3oz MiraLAX and place in refrigerator. Do Not Add Ice when drinking!!

2. At 7:00pm the day before your procedure:

- a. Drink 8oz of MiraLAX/Gatorade solution and continue drinking one 8oz glass every 15min thereafter until the mixture is gone. Set a timer for every 15min
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- **You cannot have anything to drink after midnight.**