



Gatorade & MiraLAX:

Two (2) Days Prior to Procedure:

YOU WILL NEED TO PURCHASE THE FOLLOWING (NON-PRESCRIPTION) ITEMS

1. 64 oz. of Gatorade
2. MiraLAX 238 grams (8.3 oz) powder, OR generic polyethylene glycol 3350 (this can be found in the laxative section of a drug store).
3. Dulcolax Tablets (2 tablets)
4. Gas-X Extra Strength

Day Before Procedure:

NO SOLID FOOD THE DAY BEFORE YOUR PROCEDURE!

Only clear liquids are allowed until the procedure is completed. Acceptable clear liquids: water/ice, coffee, tea, clear fruit drinks, crystal light, Gatorade, carbonated soda, Jell-O (plain, no fruit added), apple juice, chicken broth, or white grape juice. No dairy. NOTHING RED PINK OR PURPLE

1. In the morning, mix MiraLAX with 64 oz. of Gatorade. Stir and/or shake well until all the contents are completely dissolved. Chill in refrigerator if desired.
2. AT 4:00PM, TAKE TWO DULCOLAX TABLETS WITH AN 8 OZ. GLASS OF WATER
2. AT 6:00 PM, DRINK half (1/2) of GATORADE/MIRALAX MIX- 32oz. Drink 8 ounces every 15 minutes until empty.
3. Drink 4 additional 8 oz. glasses of water.

**** Once you have completed the bowel prep, please take two (2) Extra Strength Gas-X.****

No food or drink after midnight.

Morning of Procedure:

1. Six (6) hours prior to procedure- drink the other half (1/2) of the GATORADE & MIRALAX mixture- 32oz.

**** Once you have completed the bowel prep, please take two (2) Extra Strength Gas-X.****

DO NOT HAVE ANYTHING ELSE TO EAT OR DRINK EAT/DRINK.

If you are on Antihypertensive / Blood Pressure medication, or aspirin, you SHOULD continue to take your medication as prescribed with a small sip of water