

Miralax Prep Instructions

The day before your procedure:

- Do not eat.
- You must be on a clear liquid diet.
- At 1 p.m. mix ½ of the Miralax 238 gram bottle in each 32 ounce sports drink (no red or purple) bottle until dissolved and keep cold in the refrigerator.
- At 4 p.m. take four Dulcolax tablets with water and continue clear liquids.
- At 6 p.m. begin drinking the sports drink/Miralax Solution at a rate of eight ounces every 15 - 30 minutes (over one to two hours) until the first bottle is gone.
- You are encouraged to continue to drink clear liquids until you go to bed.
- You may apply petroleum based product or diaper rash ointment to the rectal area if you experience discomfort from frequent stools.

The day of the procedure:

- Do not eat.
- Drink the remaining 32 ounce sports drink/Miralax solution five to six hours before the time you are scheduled for your procedure.
- Drink eight ounces every 15 - 30 minutes until the container is empty.
- Must be completed four hours prior to scheduled procedure time. The correct timing of this dose is essential to an effective preparation.
- On the day of your procedure drink nothing after completing the sports drink/Miralax solution.

Clear liquids - No red or purple

- Water
- White grape juice
- Popsicles
- Sports drink (Gatorade, Powerade)
- Broth (no meat or veggie pieces)
- Apple juice
- Gelatin (Jell-O)
- Clear soda (Sprite, Sierra Mist)
- Coffee with sugar (no cream or milk)

No puddings or liquids you cannot see through

No meat, rice, noodles, or veggies