

MIRALAX BOWEL PREPARATION

Purchase the following from a local store: **(4) Dulcolax tablets** and **(1) 238 gram bottle of MiraLAX**.

These are over the counter medications and do NOT require a prescription.

On the **day prior to the procedure**, you should have *clear liquids only. No solid food or creamy liquids ALL DAY LONG.

The day prior to procedure at the following times:

12:00 Noon: Take (2) Dulcolax tablets with one (1) 8 ounce glass of water.

1:00 p.m.: Mix (1) 238 gram bottle of MiraLAX in 64 ounces of either Gatorade, Crystal Light drink mix (*any flavor*) or water.
Drink an 8 ounce glass every 15-20 minutes until gone. (*approximately 2 hours*)

5:00 p.m.: Take (2) Dulcolax tablets with a full glass of water.
Continue drinking clear liquids until midnight.

Midnight: Do NOT eat or drink anything after midnight.

***Clear liquids** = clear broth, apple juice, grape juice, Jello (*not red*), soda, plain tea, black coffee and popsicles. NO MILK PRODUCTS, no alcoholic beverages