**LITE 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.

 ***\*\*\*You will only be drinking HALF (32 ounces) of what you just made\*\*\****

Drink an 8 ounce glass every 15-20 minutes for 1 hour = 4 glasses. (*this is HALF*)

Discard the remaining half of the prep

**5:00 p.m.**: Take (2) Dulcolax tablets with a full glass of water.

Continue drinking clear liquids until midnight.

**Midnight**: **STOP FLUIDS -** No more drinking allowed.

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**Day of**

**Procedure: Nothing to eat or drink** until after your procedure and anesthesia has worn off.

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

*Helpful Hints:*

* Stay near a toilet; you will have diarrhea. Ideally, your bowel movements will become either yellow or clear liquid after a complete prep.
* Side effects could include nausea, abdominal pain, bloating, vomiting, thirst, dizziness, and dehydration. If you feel nauseous or vomit, take a 30 minute break, rinse your mouth, and then continue drinking your prep. If you throw up your bowel prep, just try your best to drink as much as you can tolerate and report for your procedure as scheduled. Be sure to alert your doctor that you could not tolerate your entire prep.
* Feeling some abdominal cramping is normal.
* Petroleum jelly (Vaseline) around the anus or using baby wipes may decrease skin irritation.