

MIRALAX/GATORADE

BEGIN YOUR BOWEL PREP AT 3 PM ON THE DAY PRIOR TO YOUR PROCEDURE

- ☐ **Step 1:** At 3 PM. Pour 64 oz of Gatorade (NO RED/BLUE/PURPLE) in a pitcher and chill.
Take 4 (5 mg each) Dulcolax (Over The Counter) with 8 oz of water.
- ☐ **Step 2:** At 5 PM. Mix all of the Miralax (238g) with the 64 oz of chilled Gatorade. Drink HALF of the mixture in 8 oz increments every 15 minutes. Follow with 16 oz of clear liquid until bedtime.
- ☐ **Step 3:** At midnight. Drink the remaining HALF of the Chilled Gatorade mixture in 8 oz increments every 15 minutes until gone. Finish NO LATER than 6 hours prior to your procedure.
- ☐ **Step 4: DO NOT EAT OR DRINK ANYTHING FURTHER UNTIL AFTER YOUR PROCEDURE.**

PLEASE CONTACT US WITH ANY QUESTIONS OR CONCERNS