

MIRALAX PREP

Before you start your prep purchase - 8.3 oz bottle of Miralax powder (generic name *Polyethylene Glycol 3350*), 1 Dulcolax tablet and 1 –10 oz bottle of lemon/lime flavored *Magnesium Citrate*

3 DAYS BEFORE YOUR EXAM

No raw fruits or vegetables - No whole wheat or multigrain foods - No nuts or popcorn - No bran or bulking agents

2 DAYS BEFORE YOUR EXAM

Continue the low-fiber diet - Drink at least 8 glasses of water during the day - Refrigerate the Gatorade or Powerade, if you wish to drink it cold - Stop eating solid foods at 11:45 PM

1 DAY BEFORE YOUR EXAM

BEGIN A CLEAR LIQUID DIET – YOU MUST BE ON A CLEAR LIQUID DIET FOR ALL MEALS THE DAY BEFORE YOUR PROCEDURE. If YOU EAT SOLID FOOD – DO NOT PREP. CALL YOUR PHYSICIAN’S OFFICE TO RESCHEDULE YOUR PROCEDURE.

(NO RED LIQUIDS - NO ALCOHOL)

Water: Drink at least 8 glasses of water during the day - coffee or tea (no milk or non-dairy creamer) - clear broth or bouillon - Gatorade, Pedialyte or Powerade carbonated and non-carbonated soft drinks - Kool-Aid or other fruit-flavored drinks - strained fruit juices (no pulp) - Jell-O, popsicles, hard candy.

REVIEW THE INSTRUCTION PACKET AGAIN PRIOR TO BEGINNING THE PREP.

5 PM

- **Take 1 Bisacodyl (Dulcolax) tablet**
- **Mix the bottle of Miralax with 64 oz. of Gatorade in a large pitcher**
- **Drink 1 – 8 oz glass of the Miralax/Gatorade solution**
- **Continue drinking 1 – 8 oz glass every 15 minutes thereafter until the entire mixture is gone.**

THE DAY OF YOUR PROCEDURE

4 HOURS BEFORE YOUR APPOINTMENT TIME

- **4 hours before your appointment time: Drink 1 10 ounce bottle of Magnesium Citrate**
- **You may take all of your morning medications**

You may drink clear liquids until 2 hours before your appointment time.

IF YOU HAVE ANY QUESTIONS/CONCERNS, OR IF YOU ARE UNABLE TO TAKE THE PREP, PLEASE CALL YOUR PHYSICIAN’S OFFICE OR THE ANSWERING SERVICE AFTER HOURS FOR THE PHYSICIAN ON CALL.

G.I. Diagnostic and Therapeutic Center, L.L.C.

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