



Colonoscopy Prep Instructions – MIRALAX GATORADE

Please follow the General Colonoscopy instructions along with your prep instructions.

Purchase the preparation materials:

- (1) 238 gram bottle of Miralax Laxative
- (1) box of 5 mg Dulcolax laxative tablets (20 mg needed) (NOT Dulcolax stool softener)
- (2) 32 oz (one quart) bottles of Gatorade.
- If you are a diabetic, purchase G2 Reduced Sugar Gatorade (NOT red, purple, or blue)
- You may also use Water or Crystal Light Lemonade if you prefer.

Begin your first dosing regimen: 4PM the day before your procedure.

Take 2 Dulcolax (10mg) total, or 4 Dulcolax (20mg) total if you do not have a daily bowel movement or tend to be constipated.

Mix the entire 238 gram bottle of Miralax with 64oz of Gatorade or Crystal Light in a large pitcher. Be sure to stir the solution until the Miralax is completely dissolved and then place in the refrigerator. **DO NOT MIX WITH RED, PURPLE or BLUE Liquid.**

Begin at 6PM the day before your procedure.

Drink the first (32oz) of your mixture. Drink an 8oz glass every 10-15 minutes until the first 32oz have been completed.

Refrigerate the remaining 32oz of mixture and continue to drink clear liquids to stay hydrated.

Begin 5 hours prior to procedure.

Drink the remaining 32oz of the mixture. Drink an 8oz glass every 10-15 minutes until the remaining mixture is gone.

All fluids **must be stopped** 2 hours prior to your arrival at our facility or your procedure may be cancelled.