

Colonoscopy Prep Instructions – MIRALAX GATORADE

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

Purchase the preparation materials:

- One (1) 238-gram bottle of Miralax laxative (over-the-counter)
- One (1) box of 5 mg Dulcolax laxative tablets (20 mg needed) (NOT Dulcolax stool softener)
- Two (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.
- One (1) 10 oz bottle of Magnesium Citrate - CLEAR LIQUID ONLY, keep in refrigerator

At 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. CHILL in refrigerator.

Begin your first dosing regimen 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**.

At 11:00 pm the day before your procedure:

Drink the entire bottle of magnesium citrate.

Begin 5 hours prior to your 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.