

Colonoscopy Prep Instructions – MIRALAX GATORADE – PM

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 or 10mg Dulcolax laxative tablets (20 mg needed) **(NOT DULCOLAX STOOL SOFTNER)**
- 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 Dulcolax laxative tablets (20mg total) with at least 12 ounces of a **clear liquid**.

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 the refrigerator.

Begin your first Miralax dosing regimen at 9PM the day before your procedure:

Drink the first (32oz) of your mixture. Drink an 8oz glass every 10-15 minutes until the first 32oz has 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 entire bottle of Magnesium Citrate.

Begin your second Miralax dosing regimen 5 hours prior to your procedure arrival time:

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.