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## MIRALAX® / GATORADE AND DULCOLAX BOWEL PREPARATION

Your efforts at cleansing your colon are essential for an accurate and safe procedure. The instructions provided below are designed to maximize the ease, safety and success of your preparation. **If you believe your prep has not been effective please inform the nurse and physician after you have registered.**

### Purchase the following at the pharmacy

- MiraLAX® powder 238 g (over the counter). **Do not follow the dosing instructions on the bottle but rather those instructions below.**
- 2 Dulcolax tablets (over the counter)
- 2 quarts (64 oz) Gatorade (no red coloring)
- Optional: Plain or aloe Baby wipes (minimizes bottom irritation)
- Optional: Desitin or A&D ointment (minimizes bottom irritation)

### Day before the procedure

- Eat only a clear liquid diet throughout the day. No red, blue or purple liquids. Avoid all solid food, dairy products and juices with pulp. Examples of clear liquids can be found on the reverse side (page 2). **Drink as much fluid throughout the day.**
- 12:00 p.m. – Take 2 Dulcolax tablets with 8 oz of water.
- 1:00 p.m. to 4:00 p.m. – Drink 8 oz water or clear liquid each hour to avoid dehydration.
- 5:00 p.m. – Mix entire bottle of MiraLAX powder with 2 quarts (64 oz) of Gatorade. Begin drinking an 8 oz glass every 10 to 15 minutes. You will need to drink the entire mixture. Remain at home after you begin the mixture.
- Continue clear liquid diet.

### Day of procedure

- You may take necessary medications with small amount of water.
- You may continue clear liquid diet until 3 hours prior to leaving your home.
- **DO NOT TAKE ANYTHING BY MOUTH 3 HOURS PRIOR TO YOUR PROCEDURE TIME.**

**Please drink plenty of clear liquids throughout the day to prevent dehydration. You may have clear caffeinated beverages; however please do not make these a majority of your liquids.**

**CLEAR LIQUID DIET – Includes but not limited to the suggestions below**

Water

Apple juice

Cranberry juice (okay because it is naturally red)

White grape juice

Propel fitness water (any flavor)

Gatorade (no red or purple)

Tea

Coffee. No cream or dairy products added.

Chicken or beef broth (strained)

Jell-o (no red, blue or purple; other colors are acceptable)

Popsicles (no red, blue or purple; other colors are acceptable)

**You may have clear liquids with caffeine. However, please do not make it the majority of your liquids.**