



Wisdom. Compassion. Integrity.

MiraLAX® Bowel Prep

On the day before your procedure:

Clear liquid diet for breakfast, lunch, and dinner (see Colonoscopy instructions).

At your local pharmacy purchase one (1) 238 gram bottle of MiraLAX polyethylene glycol 3350 powder and four (4) bisacodyl (Dulcolax®) tablets. All of these can be purchased over the counter. They are generally located in the laxative section. You will also need to purchase clear liquids of your choice, including one to two bottles of Powerade® or Gatorade®. Do not purchase red or purple clear liquids.

At 12:00 noon take two (2) of the bisacodyl tablets with any clear liquid. Do Not crush or chew tablets. Do Not take tablets within one (1) hour of taking an antacid.

Mix the whole bottle of MiraLAX in one 64 oz. bottle of Gatorade or Powerade. Shake well to mix and refrigerate.

At 4:00 p.m. begin drinking one 8 ounce glass of the MiraLAX solution every 10-15 minutes, until all of the MiraLAX solution and 64 oz (eight 8 oz. glasses) have been consumed.

At 8:00 p.m. take the two (2) remaining bisacodyl tablets with any clear liquid. Do Not crush or chew tablets. Do Not take tablets within one (1) hour of taking an antacid.

Continue drinking clear liquids up until midnight. Please drink 1-2 bottles of Powerade® and/or Gatorade® during your prep. After midnight, do not have anything by mouth (See Colonoscopy Instructions).

****If you are diabetic and concerned about the Gatorade or Powerade elevating your blood sugar, you may substitute it with Propel.**