Bowel Prep

ALL ITEMS CAN BE PURCHASED OVER THE COUNTER. NO PRESCRIPTION IS NEEDED.

- One bottle of Miralax powder **238g/8oz Bottle**
- 4 Dulcolax laxative tablets
- 64oz of Gatorade **OR** Crystal Light (Any Flavor)

THE DAY BEFORE YOUR PROCEDURE, DRINK ONLY CLEAR LIQUIDS FOR THE ENTIRE DAY.

Example of clear liquids:
- Tea
- Apple Juice
- Coffee **WITHOUT** cream
- Gatorade/Kool-Aid
- All soft drinks: Coke, Sprite, Pepsi, GingerAle, 7-up, Dr. Pepper
- Jello-O, Kool-Aid Popsicles
- Bouillon, Chicken/Beef (Cube type **ONLY** and no more than 3 for the **ENTIRE** day)

DO NOT HAVE ANY DAIRY PRODUCTS, SOLID FOOD, OR ALCOHOLIC BEVERAGES.

- **10AM:** Take all 4 Dulcolax laxative tablets with 8oz glass of water
- **3PM:** Mix the **ENTIRE** bottle of Miralax powder with 64oz refrigerated Gatorade, Crystal Light, or Water. Shake/Stir until clear.
  - Drink 8oz every 10 minutes until you have consumed the **ENTIRE** 64oz drink.
  - If you get nauseated, take a 30-minute break, and then resume.

Continue your clear liquid diet until midnight. **DO NOT DRINK AFTER MIDNIGHT.** You must be fasting the morning of your procedure.

You may take your morning medication with a small sip of water.