

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 tables 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.