

2-DAY MIRALAX BOWEL PREP

SUPPLIES NEEDED

- 4 bottles of Miralax 238g (powder)
- Dulcolax (bisacodyl) 5mg tablets (8 total tablets needed)
- Four 32 ounce bottles of Gatorade (no red) or Crystal Light

5 DAYS BEFORE PROCEDURE

Stop foods that contain skins, hulls, seeds and nuts (peanuts, popcorn, grapes, beans, peels of apples/potatoes, strawberries, tomatoes, bread with seeds, rice, etc.). No salads.

*****You will be on a Clear Liquid Diet for 2 DAYS before your procedure. You should drink at least 8oz of liquids every hour from the time you wake up to the time you go to bed during the 2 days before your procedure.*****

2 DAYS BEFORE PROCEDURE

1. After clear liquid breakfast, take 4 Dulcolax tablets.
2. Drink at least 8oz of clear liquids every hour.
3. **At 6:00pm**, mix one bottle of Miralax with 32oz of Gatorade or Crystal Light. Drink 8oz of mixture every 15 minutes (or as best as you can) until finished.
4. Continue clear liquid diet.
5. **At 10:00pm**, mix one bottle of Miralax with 32oz of Gatorade or Crystal Light. Drink 8oz of mixture every 15 minutes until finished. If you feel full or sick to your stomach, then stop (or slow down) drinking.

1 DAY BEFORE PROCEDURE

1. After clear liquid breakfast, take 4 Dulcolax tablets.
2. **At 6:00PM**, mix one bottle of Miralax with 32oz of Gatorade or Crystal Light. Drink 8oz of mixture every 15 minutes (or as best as you can) until finished.
3. Continue clear liquid diet.

DAY OF PROCEDURE

1. **Six (6) hours prior to procedure time**, mix one bottle of Miralax with 32oz of Gatorade or Crystal Light. Drink 8oz of mixture every 15 minutes until finished. **DO NOT EAT OR DRINKING ANYTHING ONCE YOU HAVE FINISHED THE MIXTURE.**

CLEAR LIQUID DIET EXAMPLES

Water	Tea	Coffee (no cream)
7-UP	Coke	Sprite
Pepsi	Mountain Dew	Kool-Aid (no red)
Apple Juice	Cranberry Juice	CranApple Juice
CranBlueberry Juice	CranGrape Juice	CranRaspberry Juice
Grape Juice	Clear Broth	Bouillon

Jell-O & Popsicles (no red and no fruit added)

NO **NO DAIRY** **NO SOLID**
ALCOHOL! **PRODUCTS!** **FOODS!**

*****DO NOT EAT SOLID FOODS FOR 2 DAYS BEFORE THE PROCEDURE*****

It is normal to feel abdominal cramping and bloating and have multiple loose stools during the prep period. Nausea and vomiting may also occur. Complete all of the prep if possible. A successful prep is when your bowel movements are a **clear, yellow liquid**.

****If you have any questions, call 812-882-2703 and ask for a nurse. ****