

Miralax Prep

BEFORE YOUR EXAM:

You will need to purchase these items from your local pharmacy at least 2 days prior to your appointment.

- **Gas X (simethicone) 125 mg capsules** – This is over-the-counter, no prescription needed.
- **Dulcolax (bisacodyl) 5 mg** – Also over the counter.
- **Miralax (polyethylene glycol) 238 gram bottle** – Also over the counter.

THE DAY BEFORE YOUR EXAM (no solid foods - clear liquids only):

MAKE THE MIRALAX PREP ON THE MORNING BEFORE YOUR PROCEDURE:

- Mix all of the Miralax (238 g) with 2 liters of any clear non-carbonated liquid (No red or purple colored liquids please).
- Place in refrigerator. It tastes better chilled.

THE DAY BEFORE YOUR PROCEDURE

When you wake on _____ (day) _____ (date), begin clear liquids only – no solid foods may be eaten until after your procedure has been performed/completed.

You may consume the following items:

- Coffee, water, or tea. **(We agree it's odd, but coffee and tea without milk or creamer is considered a clear liquid)**
- Clear carbonated beverages (soft drinks), ginger ale, sprite, etc. **No "Energy" beverages.**
- Gelatin dessert, (JELLO) plain or fruit flavored. **No red or purple coloring.**
- Apple juice, white grape juice, or cranberry juice. **No pulp, no orange juice.**
- Gatorade, Powerade, lemonade, or limeade. **No red or purple.**
- Clear, fat-free, beef or chicken broths, or bouillon.
- Snowballs, popsicles, slushes. **No red or purple coloring, no pulp.**
- Clear hard candies, sugar, salt.
- **Avoid any liquids not listed above.**

• 4:00 PM (the day before exam)

Take 1 dose of simethicone (Gas-X) tablets or capsules. USE AS DIRECTED.

Take 20mg (four pills) of the Dulcolax.

6:00 PM (the day before exam).

START DRINKING THE PREP (best if refrigerated)

Step 1. You will drink half (1 liter) of the Miralax solution.

Step 2. Drink the full liter of Miralax solution within **1 hour and 30 minutes**. ---VERY IMPORTANT---

This entire process is required for the success of the examination.

Clear liquids may be continued until you finish the second portion of the prep, on the morning of your procedure. This will help you remain hydrated.

THE MORNING OF YOUR PROCEDURE: You will complete the second portion of your prep.

Take the second portion of the prep at: Time: _____, Day _____, Date _____.

- You will repeat **Steps 1 and 2** that were done the previous evening.

Step 1. You will drink half (1 liter) of the Miralax solution.

Step 2. Drink the full liter of Miralax solution within **1 hour and 30 minutes** --- VERY IMPORTANT----

This entire process is required for the success of the procedure

After you complete the second half of your bowel prep, you may not have anything else by mouth except for your medications, with a small sip of water.

***Please follow these instructions to ensure you have a very good prep –
The goal is for stool to be liquid in consistency and it should be clear or yellow.
Avoid having to repeat the procedure due to a poor prep!***