



Split MiraLAX® Prep

**Purchase at the pharmacy:**

4 Dulcolax® tablets (Laxative)

238 gram bottle of MiraLAX®

64 oz. of Gatorade® (any flavor **except** red or purple) or Crystal Light® for diabetic patients.

**5 days prior to procedure:**

You need to be on a restricted residue diet. **NO** nuts, seeds, popcorn or corn.

**3 days prior to procedure:**

Take 2 tablespoons of Milk of Magnesia at bedtime. (1 time dose)

**1 Day prior to procedure:**

Drink only \*\*\* CLEAR liquids for Breakfast, Lunch & Dinner (You should have at least 4-5 clear liquid meals throughout the course of the day) Along with liquids, each meal should consist of JELLO®, CLEAR LIQUID DRINK and a CLEAR BROTH SOUP \*\*\*.

10:00 am – Take four (4) Dulcolax® (laxative) tablets.

6:00 pm – Mix the 238 gram bottle of MiraLAX® into the 64 oz. of Gatorade® (Crystal light® or any of the clear liquids listed at the bottom of the page.)

Between start 6pm & 8pm, drink ONLY half (1/2) of the 64 oz. bottle.

(Which is four 8 oz. glasses of the mixture)

\*\*\*\*\* CONTINUE CLEAR LIQUIDS UNTIL BED TIME \*\*\*\*\*

**Day of procedure:**

4 hours prior to your arrival time – Drink the remaining

32 oz. **DO NOT** eat or drink anything until **AFTER** your procedure.

If you take any medications, the doctor or nurse practitioner will let you know if medication should be taken. If so, you may take it with a sip of water.

**NO DRIVING!!!!** – You **CANNOT** drive; or take a taxi unless you are accompanied by another adult. If this is not followed, the hospital will cancel your procedure.

**Clear Liquid Diet-** Soups- Clear broth, Bouillon, Beverages- Tea, Coffee, Kool-Aid®, and Carbonated Beverages. (DO NOT USE any Milk or Cream in your coffee or tea.) Juices- (No Red or Pulp Juices) White Cranberry, Apple, White Grape, Strained Lemonade. Desserts-Italian Ice, Popsicles or Jell-O®.