



## Miralax® Prep

### **Purchase at Pharmacy:** (All over the counter)

1. 4 Dulcolax® laxative tablets
2. Small bottle Milk of Magnesia
3. Miralax® 238 gram bottle
4. 10 oz. bottle Magnesium Citrate
5. 64 oz. Gatorade® or Crystal Lite® any flavor EXCEPT red, water or any of the “clear liquids” listed at bottom of sheet.

### **7 days prior to the procedure:**

Restricted residue diet. Do **NOT** eat nuts, seeds, popcorn or corn. Discontinue fiber supplements such as Metamucil, Citrucel, Fibercon, etc.

### **3 days prior to the procedure:**

Take 2 Tbsp. Milk of Magnesia at bedtime.

### **2 days prior to the procedure:**

At 6pm: Take entire 10 oz. bottle Magnesium Citrate.

At bedtime: Take 2 Tbsp. Milk of Magnesia.

### **1 day prior to the procedure:**

1. You will be on clear liquids from time you awaken (for breakfast, lunch and dinner) See list below for clear liquids.
2. At 3:00 pm: Take 2 Dulcolax® tablets.
3. At 5:00pm: Mix the entire 238 gram bottle of Miralax® with your 64 oz. clear fluid. Mix until dissolved. Drink an 8 oz. glass every until the solution is gone. It is important that you complete the ENTIRE mixture.
4. At 8:00pm: Take 2 Dulcolax® tablets.
5. Continue on clear liquids until bedtime.

### **On the day of the procedure:**

Do not eat or drink anything this day.

\*\* If you take medications, you will be advised as to whether you should take them or hold them until after the procedure.

**NO DRIVING!!!** You may **NOT** drive; use a taxi or bus after the procedure. You must be accompanied by an adult. If this procedure is not followed, the facility may cancel your appointment.

**Clear Liquid Diet:** Clear broth soup, bouillon or consommé. Coffee and tea are allowed but NO dairy, milk or cream, this includes powdered creamers. Soda is allowed. Juice: **NO RED** juices. Allowed: apple, white grape, white cranberry juices and strained lemonade. You may have Italian ice, popsicles and Jell-O® (NOT RED).