

MIRALAX PREP INSTRUCTIONS

One day prior to the test:

- 1.) Start clear liquid diet. Examples: Coffee (no milk or cream), tea, beef or chicken broth, Jell-O (no red, purple, blue), Gatorade, soda (ginger ale, sprite), Italian ice, popsicles, etc.
- 2.) At 12:00pm, take 3 Dulcolax laxative tablets, followed by plenty of fluids.
- 3.) At 2:00pm, mix the entire 238g bottle of Miralax into a 32oz bottle of Gatorade or Crystal Lite. Preparing the solution in advance, allows mixture to dissolve properly. After approximately 15 minutes, please feel free to refrigerate. Refrigerating helps with the solution becoming more palatable.
- 4.) Between 4:00 and 5:00pm, begin drinking the Miralax mixture, 8oz every hour until finished.
- 5.) Continue to consume clear liquids, as much as possible. This helps to finish the preparation and avoids dehydration.
- 6.) You may sip on clear liquids in small amounts, if need be, until 2 hours prior to the arrival time.

Please call with any additional questions.