

MIRALAX PREP

Everything for this prep is over the counter.

Buy 64 ounces of Gatorade (2 quarts), a 238 gram size bottle of Miralax and 2 bottles of Citrate of Magnesia. (Do not buy red colored Gatorade or Citrate)

The day before your procedure, drink at least 5 glasses of clear liquids during the day to stay hydrated.

At 12:00 noon the day before your procedure, drink one of the 10 ounce bottles of Citrate of Magnesia mixed with some type of clear liquid.

At 2:00 p.m. The day before your procedure, mix the Miralax in the 64 ounce bottle of Gatorade and mix until all the powder is dissolved. Drink one 8 ounce glass of the Gatorade solution every 20 minutes until all the solution is gone. You will use the entire bottle of Miralax to mix into the 64 ounces of Gatorade. **If you are not having liquid bowel movements 2 hours after finishing the Gatorade, drink the second bottle of Citrate of Magnesia mixed with some type of clear liquid.** Continue to drink clear liquids after the solution is finished.