

MIRALAX PREP (POLYETHYLENE GLYCOL)

Everything for these preps can be purchased over the counter

Purchase 64 ounces of Gatorade (2 quarts) no red or or use any clear liquid of your choice.
Do not use red Gatorade or Citrate! No solid foods.

Purchase one (1) 238 gram size bottle of Miralax
Purchase twelve (12) 5mg Dulcolax tablets or 3 bottles of Magnesium Citrate.
The day before your procedure drink at least five (5) glasses of clear liquids during the day to stay hydrated.

The night before your prep day take 4 (5mg) Dulcolax tablets or one bottle of Magnesium Citrate.

At 12:00 Noon the day before the procedure take 4 (5mg) Dulcolax tablets or one bottle of Magnesium Citrate.

At 2:00 pm the day before the procedure mix the Miralax in the 64 ounces of Gatorade or clear liquid and mix until all of the powder is dissolved. Drink one (1) 8 oz. glass of the solution every 20 minutes until all of the solution is gone. (Use the entire bottle of Miralax to mix into the 64 ounces of Gatorade or clear liquid.) At midnight nothing to drink until after the procedure.

2 hours after the miralax prep take 4 more (5mg) Dulcolax tablets or one bottle of Magnesium Citrate.

TWO DAY PREP (if ordered)

*****Start TWO days before Colonoscopy*****

Purchase one (1) 238 gram size bottle of Miralax
Purchase four (4) bottles of Magnesium Citrate (over the counter) or 16 Dulcolax tablets
Purchase 64 ounces of Gatorade (2 quarts) no red or use any clear liquid of your choice

****** TWO Days before Colonoscopy**

Start a Clear liquid diet. No solid foods. Drink at least five (5) glasses of clear liquids each day to stay hydrated.

4:00pm ~ (2) Bottles of Magnesium Citrate (over the counter) or 8 Dulcolax tablets

****** ONE Day before Colonoscopy**

At 12:00 Noon the day before the procedure take 4 (5mg) Dulcolax tablets or one bottle of Magnesium Citrate.

At 2:00 pm the day before the procedure mix the Miralax in the 64 ounces of Gatorade or clear liquid and mix until all of the powder is dissolved. Drink one (1) 8 oz. glass of the solution every 20 minutes until all of the solution is gone. (Use the entire bottle of Miralax to mix into the 64 ounces of Gatorade or clear liquid.) At midnight nothing to drink until after the procedure.

2 hours after the miralax prep take 4 more (5mg) Dulcolax tablets or one bottle of Magnesium Citrate.

ANY QUESTIONS PLEASE CALL THE OFFICE (330) 305-2020