

MIRALAX, GATORADE, & DULCOLAX PREP INSTRUCTIONS

You will need to purchase the following Items at your Pharmacy or Grocery Store:

- **Miralax** (or generic form-polyethylene glycol 3350) 238-gram bottle
- **Gatorade** 64 ounces (2–32-ounce bottles) NO RED, BLUE, OR PURPLE
- **Four (4) Dulcolax** 5 mg. laxative tablets

Medications – The procedure you are scheduled to have will require you to stop certain medications for a set period prior to your procedure. Please see page 2 for further instructions on Blood Thinning Medications.

Diet – The procedure you are scheduled to have will require you to follow a clear liquid diet. Please see page 3 for further instructions and a sample menu.

Prep instructions the day before the procedure

- Clear Liquid Diet Only all day from the time you wake up
- **3:00 pm the day prior to your procedure**, Mix the entire bottle of Miralax (or generic polyethylene glycol 3350) with the 64 ounces of Gatorade in a pitcher. Mix the solution until the Miralax is dissolved.
 - Drink an 8 oz. glass every 10-15 minutes until the solution is finished. Drinking with a straw helps.
- **6:00 pm the day prior to your procedure**, Take four (4) Dulcolax tablets
- Nothing by mouth (NPO) after midnight the night before the procedure

Prep Helpful Tips

- You may notice some cramping or bloating at the beginning of starting this prep.
- The prep will become effective usually about an hour after you have finished the Miralax solution.
- The cramping and bloating will gradually improve as the prep passes through your system.
- Occasionally, some patients develop nausea and/or vomiting. If this happens, take a 30-minute break until you digest the prep that you have consumed.
- Resume drinking the prep at a slower rate.

On the day of the procedure

- Take all blood pressure, heart, or seizure medication with a sip of water.
- Do not take any diabetic medications unless otherwise instructed to do so by your physician.
- **Please arrange for transportation**, you will be sedated and **cannot drive** or go home alone. Please avoid taking a cab/pick up services unless accompanied by an adult.

Questions If you have any questions, please contact our office at 813-653-3359, Option 7.